ANGER MANAGEMENT

GREEK POLICE CLASH WITH PROTESTERS IN LATEST RIOT OVER ANTI-ISLAM FILM PAGE 14

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SECURING THE WIN

Pregnant actress Claire Danes accepts the award for outstanding lead in a drama series for her role in Homeland at the 64th Annual Primetime Emmy Awards in Los Angeles on Sunday. Homeland also won for outstanding drama series, breaking the stranglehold in the category held by Mad Men. More coverage, page 21. KEVIN WINTER/GETTY IMAGES

Code of silence enables crime, T.O. cop says

There's suffering in silence. Communities harmed when witnesses back down: Police

JESSICA SMITH
jessica.smith@metronews.ca

Homicide unit commander Greg McLane can't stand that the Danzig killers could shoot up a community barbecue and think they will get away with it because no one will testify against them.

Police often issue public calls for witnesses to crime, but they have recently intensified their pleas in Toronto.

Police have held a string of press conferences urging the community to come forward about the mass shooting at a Danzig Street barbecue and a string of other shootings they've linked to the Galloway Boys gang.

"If they don't, as a community, step up to the plate and be accounted for in testifying as to what it is they saw, these thugs can continue to walk around that community and inflict terror through intimidation and through violence on them. And it will never end," McLane said.

Police officers told Metro it can be dangerous for witnesses to testify, but the justice system depends on them. As Deputy Police Chief Peter Sloly put it, police are "not trying to hide from the reality that this is a difficult and sometimes dangerous thing that people do. But it's a requirement for everybody who lives in any community anywhere where crime happens."

McLane won't say how many witnesses have told police what they saw on Danzig Street in July, or how many of them, if any, are willing to testify in court one day.

"If they ... step forward as a witness, they may not be alone," he said, adding that witnesses coming forward in droves would prevent violence. "If an offender knows, when he walks into a community, that those people are going to work with the police to bring him to justice then he's not going to do it."

When asked if witnesses against the Galloway Boys can be kept safe, McLane's answer is an unequivocal "yes."

"If they come forward and we're able to arrest the person responsible and put them in custody, then they don't have to live in fear any more," he said.

Quoted

"They believe that they can ... do that in front of all these people and get away with it."

Homicide unit commander Greg McLane, on the Danzig party shooters

WHY DOES A COMMUNITY ACTIVIST SAY SOME WITNESSES DON'T TRUST POLICE? SEE PAGE 3

Low scores for TTC bus lifts

Wheelchair users have to put up with malfunctioning ramps on transit PAGE 4

Go shopping, it's your B-day

Get free bagels, makeovers and discounts on your birthday — Metro shows you how PAGE 6

The art of picking up

An author makes clutter cleanup part of her 'happiness project' PAGE 32

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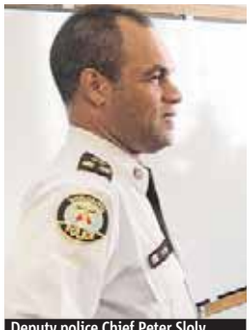
Public trust.
Improving community relations a priority, says deputy police chief



Deputy police Chief Peter Sloly
DONOVAN VINCENT/TORSTAR NEWS SERVICE

Toronto police Deputy Chief Peter Sloly acknowledges there can be some problems with community trust in the police.

But he said it's a police priority to improve public trust through youth engagement programs and by putting more officers into communities, instead of behind desks.

Sloly said there isn't always something officers can do to convince someone to co-operate, but said anyone who refuses is "enabling further victimization and further criminality."

"At some point those chickens come home to roost. It's simply not good enough for individuals, families and communities — demographic and geographic — to say, 'We don't like the police and we're not going to help.'

"What's the plan B? Vigilante justice? More victimization?"

JESSICA SMITH/METRO

Jam Johnson of the Neighbourhood Basketball Association talks to kids in his youth boot camp the day after the Danzig shooting back in July.
AMY DEMPSEY/TORSTAR NEWS SERVICE

Police pressure keeps lips sealed: Activist

Distrust. Jam Johnson claims cops treat Danzig Street and Kingston-Galloway community with suspicion, so that's what people give back

JESSICA SMITH
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When police call for witnesses to come forward to testify against the Galloway Boys, Jam Johnson believes, "It's never going to happen."

As the community activist and founder of the city-funded Neighbourhood Basketball Association charity, Johnson says the police problem with witnesses from Danzig Street and the Kingston-Galloway community isn't just people being afraid of retaliation — police have always treated them with suspicion, which is given right back.

"People don't trust the police because the police have let down the community many times before," he said.

"People are afraid of the police because you come forward you end up getting killed. It's happened before, it'll happen again."

Police have upped their presence on the streets across the city, especially in Kingston-Galloway, over the summer.

Police Chief Bill Blair announced crime was down across the city between July 26, 2012 to Sept. 9, 2012, from the average of the past seven years, with homicides down 62.2 per cent and shooting homicides down 68.7 per cent.

Johnson said the other result of more police in his neighbourhood is a worse relationship with the community, where more officers are stopping people on the street and asking people for their identification, while handing out jaywalking and trespassing tickets.

"Right now, the neighbourhood is under police pressure. They're pressuring all the kids, harassing everybody. People don't want to come out of their house, not because they're afraid of any gunshots, because they're afraid of the police harassment," he said.

"There are detectives all over the place. They're the ones causing all the hell in the neighbourhood."

The people who open their doors to detectives are scared, he said.

"They're thinking, 'You're making me look like an informer, you're putting me in danger and what are the neighbours going to think now?'"

Through his charity, Johnson uses basketball lessons to get kids tutoring, nutrition lessons and help to get their lives on the right track.

He listens to the kids, but won't "rat" on them to police. He said he hears shocking things from the kids, including rumours of shooting police officers.

"I'm always telling the guys you can't shoot at the police because it's going to cause hell up in here and then everyone's at risk of being shot," he said.

"The slightest move in this pocket and we're all going to get shot," he said.

TUESDAY: METRO LOOKS AT THE LAST GENERATION OF THE GALLOWAY BOYS AND THREATS MADE AGAINST WITNESSES

1 NEWS

Mobile news

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Faulty TTC lift turns short bus trip into a fiasco

Transit. Insensitive or ill-trained drivers, faulty ramps and lifts put wheelchair users in a tough spot

TTC bus riders expect the doors to open and the brakes to work, every single time. But wheelchair users have to put up with lifts that often don't do the job.

Last year, the system logged 600 incidents of ramp and lift failure on its all-accessible fleet of 1,800 buses.

Wheelchair user Jordan Lavoie, 23, says what should have been a short hop by bus from Bathurst and Queens Quay to Union Station recently turned into a fiasco that left him feeling like a second-class citizen.

An insensitive driver and equipment failure meant the graphic artist had the unnerving and embarrassing experience of having to be lifted off an out-of-service bus by four Toronto firefighters.

Around midnight on Aug. 31, Lavoie and his family tried to board a bus to Union. The first bus that stopped was a high-floor model with an electric wheelchair lift, but the driver told Lavoie, who has muscular dystrophy, it was out of service and another bus would be along shortly.

The next bus was a low-floor vehicle with a fold-out ramp. Although there were only a few people on the bus, that driver told him to wait for the following bus because it was less crowded. He closed the door and drove away.

The third bus was another high-floor vehicle. Although the lift didn't appear to be working properly, it finally deployed and Lavoie was able to board.

Once he was on the bus, however, the lift wouldn't stow, and the driver had to take the bus out of service, stranding Lavoie in his wheelchair. The other riders were told to get off and walk back to the last stop.

"I was really embarrassed that I was the cause of a delay for all those people, even though it wasn't my fault. I couldn't help but think that the 12 people that got off would tell people that a kid in a wheelchair broke the bus," said Lavoie.

In the end, firefighters were called to lift him in his chair off the bus.

The TTC has apologized for Lavoie's ordeal.

The transit agency is trying to transition some riders with disabilities onto conventional transit, instead of more costly WheelTrans service. It is also trying to sensitize transit drivers to the needs of wheelchair customers with visits from advocates to the TTC divisions, said spokesman Brad Ross.

Mystery shoppers are also testing the accessibility of the system, and those measures have helped improved the service, Ross said. But there are still mechanical issues.

"Unfortunately, incidents like the one described by Jordan do occur; our responsibility is to eliminate these entirely," he said.

It should be rare for a bus to be on the road without a working ramp or lift because drivers are supposed to test the devices before they put the bus in service. They also receive regular maintenance, 7.7 hours per bus per year on average.

TORSTAR NEWS SERVICE

Improving the system

Riders also have a role in improving the system, Leandre Casselman, director of development at the Canadian Paraplegic Association, said. When the operator doesn't know how to operate a lift or it's not working, report it to the TTC, he urged.

- There are cheat sheets on some of the bus visors explaining how to deploy the equipment. But Casselman, who uses a manual chair, says sometimes the drivers don't know about it.
- "There are instances where drivers will say the lift is not working, which is a lie. In order to help stem that issue and make sure drivers get that training, I play secret shopper informally."

The Word on the Street: Witches exist

Author Susan J. Atkinson, left, and illustrator Elizabeth Todd Doyle pose for a photo while promoting their books about witches through the Little Witch Press during The Word on the Street. The book festival was held Sunday on Queen's Park Circle. CENTRAL IMAGE AGENCY

Mayor Ford attacks Newstalk 1010

Mayor Rob Ford and Councillor Doug Ford angrily criticized Toronto's media on their Newstalk 1010 radio show on Sunday — including Newstalk 1010.

The brothers' latest broadside against perceived media failings follows a two-week period in which the mayor was taken off message by stories on his use of city resources for his football teams and his personal request for city repair work outside his family company's building.

Rob Ford regularly denounces the Toronto Star. Doug Ford has lambasted the Star, the Globe and Mail and the CBC. But neither of them had publicly scolded a talk radio station that is generally sympathetic to them.

Early in the Sunday show, Rob Ford claimed again that last week's official trip to Chicago won't cost taxpayers "a dime" — even though taxpayers are picking up the tab for at least some of the eight councillors who attended. Newstalk ran a mid-show update that pointed out his claim was false.

Soon after, Doug Ford said unnamed members of the media are "like a bunch of little sucky little kids" who "whine and cry and moan" when the Fords stand up to them and who "sensationalize and lie through their teeth."

Rob Ford then added: "They're pathological liars, that's what drives me nuts."

TORSTAR NEWS SERVICE

Quoted

"If they're comin' after me, I'm comin' after them. I don't care who they are. So you better make sure your chin strap is done up pretty tight."

Mayor Rob Ford on Toronto-based media

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Don Mills

Nightmare tenant gets the boot

It took more than a year, but nightmare tenant Nina Willis has been forced to pack her possessions and give landlord Darius Vakili his house back.

"The one good thing they did for me was they took their stuff," said Vakili on Sunday afternoon, inside the empty dirt- and trash-covered Don Mills home he had rented to Willis since July 2011.

After a lengthy battle to fight an April ruling by the Landlord and Tenant Board that she must move out after failing to pay rent, Willis was evicted last Wednesday and moved out over the weekend.

Willis has been ordered out of six homes since 2005, according to tenant board and court documents as well as interviews with landlords, lawyers and paralegals.

TORSTAR NEWS SERVICE

Peel Region

Homebuyers must foot increased tab

At a recent meeting, Peel Region councillors voted to increase development charges for each single-family residential unit from the old rate of $17,830 to $35,532, effective Oct. 4. The increase will not apply to homes that have already received permits for construction or are well into the planning stage.

While the move was pushed by councillors who demanded that developers must pay for growth, both those for and against the increase admit it's consumers that will pay the extra amount.

TORSTAR NEWS SERVICE

Shouldice

Hospital buyer eyeing new location

Once the new owner takes over, it should be business as usual for up to four years at the Shouldice Hospital, the private, for-profit centre in Thornhill renowned for its hernia surgery.

But Centric Health Corp., which paid $14.25 million for Shouldice's operations and name, will likely move the hospital elsewhere in the GTA once its four-year lease is up.

TORSTAR NEWS SERVICE

Birthday freebies up for grabs

Retail. There are deals to be had — and we'll show you where

ALEKSANDRA SAGAN
toronto@metronews.ca

Once a year, Torontonians can rack up hundreds of dollars worth of free goodies — if they know how and where to look. Across the city, many big-chain retailers and small independent shops are ready to treat residents on their birthdays.

It would be impossible to consume everything offered by the city's vendors. Some can't-miss goods include: A Booster Juice smoothie, Denny's Grand Slam breakfast, a dozen bagels from What A Bagel!, a buffet dinner at Tucker's Marketplace Restaurant and numerous options for free ice cream across the city.

Time permitting, stop by Sephora to pick up a beauty item (last year the company offered birthday-cake-scented body wash), look your best after a complimentary blowout at Privé Hair Gallery, and take in a buy-one-get-one-free adult dinner and show at Medieval Times.

A knight during a battle at the Medieval Times show at Exhibition Place in Toronto. On your birthday, you can buy one and get one free adult admission at Medieval Times. PAWEL DWULIT/TORSTAR NEWS SERVICE

Similar to Medieval Times, many retailers add stipulations to their birthday gifts. Milestones, for example, will only dish out a free entrée if the birthday celebrant brings a minimum of three paying guests. The Body Shop offers $10 off a purchase after visitors buy a $10 membership card on which users earn points towards future freebies.

In addition to knowing the fine print, birthday boys and girls must prepare in advance as most places require patrons to sign up for email newsletters to receive any discounts. To avoid being inundated by junk mail the other 364 days of the year, many coupon experts online advise creating a separate email account for this purpose.

If Canadians plan a few weeks in advance, they can receive special messages from the federal government on their birthday. Queen Elizabeth II will send greetings to centenarians and the Governor General will do the same for people 90 years or older, if they apply online (gg.ca). Prime Minister Stephen Harper will also send those 65 years and older a greeting every five years (pm.gc.ca).

Premier Dalton McGuinty, meanwhile, waits until residents are at least 80 years old (correspondence.premier.gov.on.ca). Even Mayor Rob Ford will pen a message, with no apparent age restrictions (toronto.ca).

Top 10 deals

Here are the best birthday offers in Toronto:

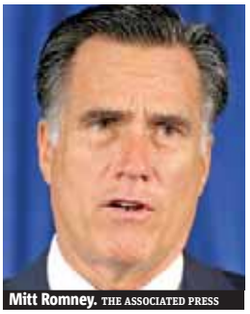
- **Tucker's Marketplace Restaurant:** Free buffet dinner.
- **Denny's:** Free Grand Slam breakfast.
- **What A Bagel!:** Free dozen bagels.
- **Privé Hair Gallery:** Free blowout from a junior stylist.
- **Medieval Times:** Buy-one-get-one-free adult admission.
- **RW & Co.:** 25 per cent discount during your birthday week.
- **Sephora:** Free makeup item.
- **Booster Juice:** Free smoothie from your nearest location.
- **Dairy Queen:** Free Blizzard.
- **Marble Slab Creamery:** Free ice cream.

And just for the kids:

- **Taco Del Mar:** Sign your child up for Club Carlos and they will get a card and free meal on their birthday.
- **Pizza Pizza:** Enrol your child in the Pizza Pizza kid's club and they will receive a card, one slice of pizza and a drink on their birthday.
- **Lone Star Texas Grill:** Sign up for the Bronco Billy birthday club and your child will receive a free kids meal on their birthday. Maximum value $7.99.
- **Air Transat:** Sign your child up for the Air Transat kids' club and they will receive a birthday card. If your child travels on their birthday, they will get a surprise from the crew.

To see a complete list of birthday freebies — and any catches — Metro found in the city, and to view our interactive map of goodies, visit metronews.ca.

Romney's swing steps.
U.S. presidential hopeful tours battleground states


Mitt Romney. THE ASSOCIATED PRESS

Republican challenger Mitt Romney, slipping in the polls in critical battleground states, opened an intense campaign focus in three of them Sunday with a rally in Colorado, before heading to Ohio for a three-day bus tour and ending with a stop in Virginia.

U.S. President Barack Obama, who was not campaigning Sunday, won all three of those states in the 2008 election that swept him into the White House.

With about six weeks remaining before the Nov. 6 election, the handful of so-called swing or battleground states appear likely to determine the outcome of what has been an extremely close contest between Obama and Romney. Those states become even more critical to the Republican candidate as recent polling shows Obama opening a lead in many of them.

The U.S. president is not chosen by the nationwide popular vote but in state-by-state contests. While most states reliably vote for the candidate of one party or the other, swing states like Colorado, Ohio, Virginia and five others are seen as toss-ups.

THE ASSOCIATED PRESS

Farmers vs. land owners

Rights lawyer gunned down

A leading human rights lawyer who represented several Honduran agrarian groups in disputes with large landowners was killed by gunmen on Sunday, a land rights organization said. Antonio Trejo Cabrera, 41, was shot five times while attending a wedding in the capital, Tegucigalpa, the Peasant Movement of the Valley of Bajo Aguan said in a statement. Trejo had recently helped farmers gain legal rights to several plantations. THE ASSOCIATED PRESS

Not out for long

Teens break out of detention centre

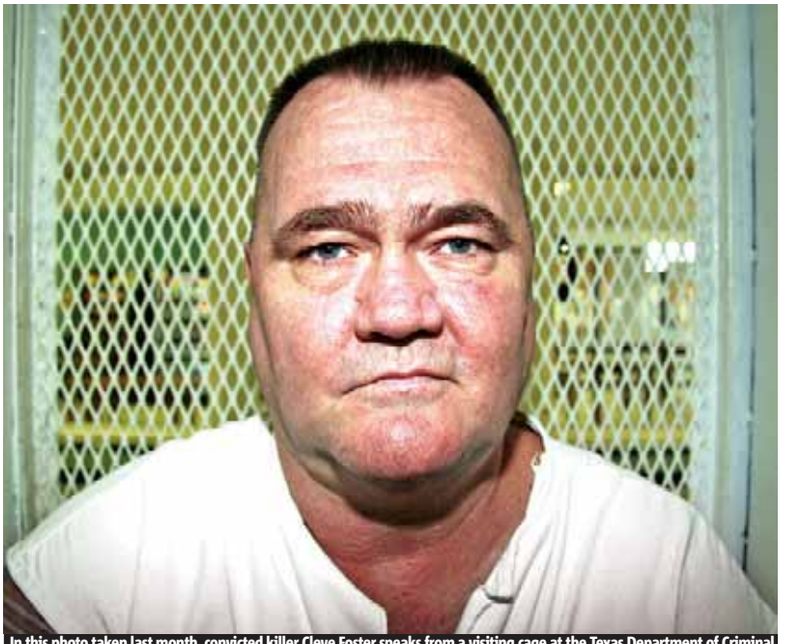
Six teenage boys escaped from a juvenile detention centre in Washington state after knocking out a female staff member, but all were captured a few hours later early Sunday in nearby woods, authorities said.

The King County Sheriff's department said it received word of the escape at about 11:30 p.m. Saturday from Echo Glen Children's Center in Snoqualmie, about 40 kilometres east of Seattle.

THE ASSOCIATED PRESS

Dead man walking, and it's all so familiar

Re-scheduled. Death row inmate who had final-hour reprieves before, prepares for third trip to execution chamber door


In this photo taken last month, convicted killer Cleve Foster speaks from a visiting cage at the Texas Department of Criminal Justice Polunsky Unit outside Livingston, Texas. Foster has received three reprieves from the U.S. Supreme Court, including two last year when he was within hours of execution. He is scheduled to die on Tuesday. MICHAEL GRACZYK/THE ASSOCIATED PRESS

What Cleve Foster remembers most about his recent brushes with death is the steel door, the last one condemned Texas inmates typically walk through before their execution.

"You can't take your eyes off that door," he says.

Foster has had three previous reprieves but twice over the past year and a half he has come within moments of being escorted through the door, only to be told the U.S. Supreme Court had halted his scheduled punishment.

On Tuesday, Foster, 48, is scheduled for yet another trip to the death house for participating in the abduction and slaying of a 30-year-old Sudanese woman, Nyaneur Pal, a decade ago near Fort Worth.

The last 485 condemned Texas prisoners have died by lethal injection; the first 361, from 1924 through 1964, from the electric chair.

On execution day, the condemned inmate waits, usually for about four hours, in a tiny cell a few steps from the steel door to the death chamber.

Foster, a former Army recruiter known to his death row colleagues as "Sarge," denies his role in the murder. Prosecutors say DNA ties him to the killing and that he gave contradictory stories when questioned about Pal's death. "I did not do it," he insisted recently from a tiny visiting cage outside death row.

Appeals again were pending in the courts, focusing on what his lawyers argued was poor legal help both at his 2004 trial in Fort Worth and by attorneys early in the appeals process. Similar appeals resulted in the three previous reprieves the courts subsequently have lifted, but his lawyers argue his case should get another look.

THE ASSOCIATED PRESS

Like it's your last meal

During his first trip to the death house in January 2011, Foster was served a final meal. He'd asked for several items, including chicken.

- "It tasted so good," he said. "It actually had seasoning on it."
- Two hours later, he received the Supreme Court reprieve.
- Since then, inmates no longer get to make a final meal request.
- Procedures were changed after a state lawmaker complained that condemned inmates were taking advantage of the opportunity and that murder victims never get that chance.

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Veterans. Weak case but Harper government spent $750,000 fighting anyway

The Harper government spent $750,462 in legal fees fighting veterans over the clawback of military pensions, documents tabled in Parliament show.

Federal Liberals have been demanding to see a breakdown of Ottawa's legal costs in the class-action lawsuit launched by veterans advocate Dennis Manuge, of Halifax.

The response was tabled in Parliament last week, but Justice Minister Rob Nicholson refused to release an itemized count, invoking solicitor-client privilege.

Instead, he released a global amount for the lawsuit, which has been dragging its way through the courts since March 2007.

Liberal veterans critic Sean Casey described the legal bill as an "obscene waste of taxpayers' money."

In abandoning the legal fight, the government appointed Stephen Toope, the president of the University of British Columbia, to lead negotiations with Manuge's legal team to arrive at a settlement, including retroactive payments.

Fighting veterans

In siding with veterans last May, Judge Robert Barnes "unreservedly" rejected the government's arguments.

- The class-action lawsuit involved Dennis Manuge of Halifax and 4,500 other disabled veterans whose long-term disability benefits were reduced by the amount of the monthly Veterans Affairs disability pension they receive.
- The ex-soldiers argued it was unfair and unjust to treat pain and suffering awards as income.

The settlement could run as high as $600 million, depending upon how many years back the federal compensation plan will go. Casey said that given the amount of money at stake, he could see the government fighting if it had a strong case: "They had a weak case from the get-go."

THE CANADIAN PRESS

Thousands breakfast on Stone Bridge in Skopje, Macedonia

People attend the Breakfast on Stone Bridge event, on the old Stone Bridge, over the Vardar River in downtown Skopje, Macedonia, Sunday. Some 2,300 meals were served during this event organized by the City of Skopje. The bridge is considered a symbol of Skopje, the capital of the Republic of Macedonia. The stone bridge connects Macedonia Square in the centre of the city to the Old Bazaar.

BORIS GRDANOSKI/THE ASSOCIATED PRESS

Big Three talks

Ford workers vote 82% for contract

Ford's unionized Canadian workers have accepted a new contract that was hammered out last week.

The Canadian Auto Workers says 82 per cent of its members who voted this weekend accepted the new contract. The CAW news release did not indicate how many of its 4,500 members at Ford cast ballots. CAW members at General Motors are due to vote on a tentative contract beginning Wednesday. CAW is still in talks with Chrysler.

THE CANADIAN PRESS

Veteran journalist

Henry Champ dies at 75

Veteran broadcast journalist Henry Champ has died. Champ's son says his father died Sunday morning in Washington, D.C.

He was 75 and is survived by his wife and five children. Henry Champ spent the latter part of his career as CBC's Washington correspondent. He also served as CTV's Washington and London bureau chief before moving on to NBC, working in Europe and Washington. Champ started his career in Brandon, Man. in 1960 and retired in 2008.

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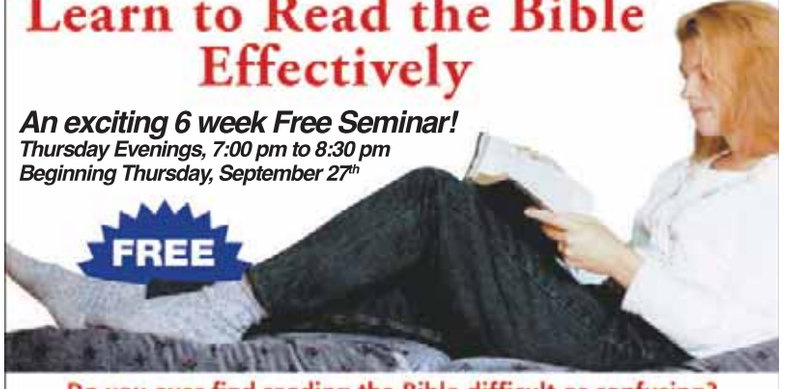

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Clement had 'ghostwriter' for Twitter town hall

Twitter table. Treasury Board president also had two subject-matter experts, two communications staff and a moderator

Tony Clement

TORSTAR NEWS SERVICE FILE

Tony Clement may be king of social media in political circles on Parliament Hill, but he didn't get to be mayor of his own Twitter town hall.

During an online chat on the subject of open government, the Treasury Board president, who is a prolific tweeter, had a ghostwriter doing most of the work for him.

Last December's town hall made federal political history as the first online chat hosted by a cabinet minister using the microblogging service.

Clement is regularly ranked among Parliament Hill's top tweeters and lauded by social media watchers as having a natural touch with the technology. But when it came to formally engaging with Canadians, bureaucracy ground his freewheeling ways to a stop.

An analysis on the town hall obtained by The Canadian Press under Access to Information legislation highlights the struggle facing MPs seeking to use social media tools in a world of tightly controlled communications.

The two 45-minute chats — one in English, one in French — took more than a month to organize.

Three dry runs were held ahead of the main event, with staff even creating bogus Twitter accounts in order to practise using the service.

More than 40 stock responses were drafted so they could be quickly copied and pasted to reply to questions, while a ghostwriter was engaged to get Clement's responses out faster.

"I should point out too that the minister did take to the keyboard himself for a few responses — he does like to get hands-on sometimes," Sean Osmar said in an email. **THE CANADIAN PRESS**

Women in Nepal mark atonement day

A Nepalese devotee takes a holy dip with the help of a friend in the Bagmati River during Rishi Panchami, a purifying and atonement day for women, in Katmandu, Nepal. NIRANJAN SHRESTHA/THE ASSOCIATED PRESS

Cat mistakenly euthanized

A Massachusetts woman says her cat went to the veterinarian for a flea bath and was mistakenly euthanized instead. Colleen Conlon of Gardner is grieving the loss of the cat, eight-year-old Lady, whose death she attributes to "negligence" by the vet.

Her son took Lady to an animal hospital last week and unknowingly authorized the cat to be put to sleep after he says he was handed the wrong forms. He says he learned of the mix-up when he returned with a second cat and the vet asked him if he wanted to keep the bodies.

Conlon doesn't think the vet had any "malicious intent." But she's filed a complaint with the attorney general's office. **THE ASSOCIATED PRESS**

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Katrin Wade ~ *2011 Winner*
for Peach Blueberry Muffins

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- 1 c. sugar
- 2 eggs
- 3/4 milk
- 2 c. flour
- 2 tsp. baking powder
- 1/4 tsp. salt
- 2 Ontario peaches skinned and cubed
- 3/4 c. (or more) frozen Ontario blueberries

Directions

In the bowl with an electric mixer, cream butter with sugar; beat in eggs one at a time. Gradually stir in milk (mixture may appear curdled). Add in the dry ingredients by hand just until combined. Gently fold in blueberries and peaches. Spoon into well-greased muffin cups, filling to top. Bake in 350F for 25 to 30 minutes or until tops are firm to the touch.

Opposition parties in Belarus boycott elections

Parliamentary vote. Lukashenko's win in 2010 triggered mass protests

Belarus held parliamentary elections Sunday without the main opposition parties, which boycotted the vote to protest the detention of political prisoners and opportunities for election fraud.

The election will fill 110 seats in parliament, which long has been reduced to a rubber stamp by authoritarian President Alexander Lukashenko. He has ruled the former Soviet nation since 1994. Western observers have criticized all recent elections in Belarus as undemocratic.

Preliminary results in the parliamentary vote were expected Monday.

Lukashenko's landslide win in a 2010 presidential election triggered a mass street protest that was brutally suppressed, and any rallies after the parliamentary vote would be certain to draw a similar response.

"Elections in those states where they are boring and peaceful are a good thing for the people, not to mention for the government," Lukashenko said after casting his ballot. But he warned that the calm would not last if the opposition mounted a protest.

"The main show here, as you understand, always begins after the elections, therefore anything can happen, although of course, God forbid that it does," he said. "All sorts of political nonsense always occurs here after the results are announced." THE ASSOCIATED PRESS

Context

- About 40 opposition candidates still ran.
- Parliament has been occupied by government loyalists since 2004.
- While officials reported a turnout of 66 per cent with two hours of voting remaining, observers said the numbers were inflated, raising suspicions of ballot stuffing.

Belarusian President Alexander Lukashenko speaks to media at a polling station, after voting during parliamentary elections in Minsk, Belarus, Sunday.
SERGEI GRITS/THE ASSOCIATED PRESS

Syria opposition members call for Assad's ouster

A Syrian woman holds a bouquet of flowers and a rebel flag during a demonstration in Aleppo, Syria, Friday. MANU BRABO/THE ASSOCIATED PRESS

Syrian opposition figures who reject foreign intervention in Syria's 18-month conflict called for the ouster of President Bashar Assad at a rare meeting Sunday in the nation's capital. The gathering was tolerated by the regime in an apparent attempt to lend credibility to its claims that it remains open to political reform despite its bloody crackdown on dissent.

A senior former Assad ally, meanwhile, said Iran is providing massive support for the embattled Syrian regime.

"Iranians are active in leading positions in the military," former Syrian Prime Minister Riad Hijab, who defected to the opposition last month, told the German daily Frankfurter Allgemeine Zeitung. "We're not only talking about military aid, but also logistical and economic support" by Iran.

Earlier this month, the top commander of Iran's powerful Revolutionary Guard said the elite unit has high-level advisers in Syria. Iran is also believed to be sending weapons to Syria.

Sunday's conference was attended by diplomats from Iran, Russia and China, Assad's main allies. It was likely to be viewed as a cosmetic gesture by rebels and their international backers.

In recent weeks, Assad's military has escalated airstrikes and shelling of civilian areas to put down an uprising that began in March 2011. Activists say nearly 30,000 people have been killed. THE ASSOCIATED PRESS

Meeting details

Sunday's meeting was organized by the National Coordination Body for Democratic Change in Syria, or NCB.

- Participants agreed on the idea of "overthrowing the regime with all its symbols," while emphasizing the need for "peaceful struggle."

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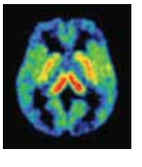
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Canadian among missing after avalanche

Nepal. At least nine climbers killed in Himalayan mountain disaster

Officials say at least nine people are dead and several others missing, including a Canadian, after an avalanche hit climbers on a high Himalayan peak in Nepal today.

Many of the climbers were French or German but the U.K.-based The Telegraph website reported that one of the missing people is Canadian.

Dipendra Paude of Nepal's tourism ministry, which controls all international climbing expeditions, told The Telegraph the dead climbers were from Spain, Germany and Nepal.

Chrystiane Roy, spokeswoman for the Department of Foreign Affairs, could not confirm that a Canadian was among those missing, but said officials have been in contact with authorities in Nepal. "Our thoughts are with the victims (and their families) of this avalanche," Roy said.

Police official Basanta Bahadur Kuwar said the bodies of a Nepalese guide and a German man were recovered and that seven other bodies had been spotted on Mount Manaslu. Ten climbers survived, many were flown to hospitals. Officials are investigating the cause of the avalanche. THE ASSOCIATED PRESS

On the mountain

- The avalanche hit the climbers at a camp at 7,000 metres.
- 231 climbers and guides were on the mountain.
- Weather conditions are unpredictable at this time of year during Nepal's autumn season.

In this photo provided by Nepalese airline Simrik Air, an injured victim of an avalanche is rescued at the base camp of Mount Manaslu in northern Nepal on Sunday. The avalanche swept away climbers Sunday, leaving at least nine dead and six others missing, officials said.
SIMRIK AIR/THE ASSOCIATED PRESS

Work hazard. Coal-mine accidents trap 17 miners underground in China

Chinese state media say two coal-mine accidents have trapped 17 people underground.

The official Xinhua News Agency says a fire broke out Sunday in a mine in northeast Heilongjiang province, trapping 11.

Two other people working in the mine were lifted out.

Xinhua says the mine's operating licence had expired three weeks earlier and the county government is blaming illegal production for the accident.

Another mine in the same province was flooded on Saturday, trapping six miners.

Rescue efforts are underway.

China has the world's deadliest coal-mining industry. Safety improvements have reduced deaths in recent years, but safety rules are often ignored and accidents are still common.
THE ASSOCIATED PRESS

In this photo released by China's Xinhua News Agency, miners enter the Jiayi Coal Mine in Jidong County of Jixi City, in northeast China's Heilongjiang province on Sunday. Six people were trapped in the mine after it was flooded early Saturday, Xinhua said. XINHUA, XIAO JINBIAO/THE ASSOCIATED PRESS

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50	$17	$13	$33	$24	$52	$36	$95	$67
55	$25	$16	$53	$37	$80	$56	$148	$123
60	$37	$26	$86	$59	$160	$110	$310	$212
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Brazil's latest fashion trend: Conservative Christian garb

Evangelical clothing. Rising population of Pentecostals proud to wear long sleeves and skirts in scorching tropical heat

Strolling down the main shopping drag in a working-class Rio de Janeiro suburb, it's not the second-skin dresses in shocking pink spandex that catch the eye, or even the strapless tops.

The newest look can instead be found in stores like Silca Evangelical Fashion, where the hot items are the demure, long-sleeved frocks with how-low-can-you-go hemlines and the polyester potato sack dresses.

In the birthplace of the dental floss string bikini, so-called evangelical fashion has emerged as a growing segment of Brazil's $52 billion-a-year textile industry, catering to the conservative sartorial needs of Brazil's born-again Pentecostals.

Once so difficult to procure that evangelical women tended to make much of their own clothes themselves, the modest garb is now popping up all over Brazil.

On the street of Rio suburb Itaborai, not one but two evangelical clothing stores compete to dress the faithful. M&A Fashion got its start two decades ago as a conventional clothing shop, selling the short, tight styles favoured in this tropical country, but shifted to evangelical offerings five years ago. Silca Evangelical Clothing, two doors down, opened in March.

"Evangelical women now wear this clothing proudly," said M&A manager Marcelo Batista, gesturing at the racks of ample dresses, long A-line denim skirts and ribbed sweaters that in the 40 degree heat were enough to make you sweat just by looking at them.

Evangelical specialty clothing lines are also attracting nonbelievers. Batista estimates that 40 per cent of the store's clients are not evangelicals.

"It's so hard ... to find clothes that aren't too short or don't show a lot of cleavage that women who aren't comfortable with showing a lot of skin shop here too," he said. THE ASSOCIATED PRESS

A saleswoman adjusts a mannequin wearing a dress by the Brazilian brand Kauly, which markets itself as "Moda Evangelica," or "Evangelical Fashion," behind a shop window in Sao Paulo, Brazil. ANDRE PENNER/THE ASSOCIATED PRESS

A brief history

An influx of evangelicals

Introduced in the mid-19th century by American missionaries, Brazil's neo-Pentecostal churches were long regarded as fringe groups. Aggressive proselytizing, particularly among the poor and disenfranchised, has produced a dramatic spike in the community's numbers in recent decades, and eaten away at Brazil's status as the world's largest Catholic country.

In 1980, evangelicals represented just over six per cent of the population, according to the country's IBGE statistics agency. In the 2010 census, more than 42 million people, or 22 per cent of the country, identified themselves as evangelicals. Some statisticians predict that if current trends hold, evangelical Christians could become the majority here by 2030.

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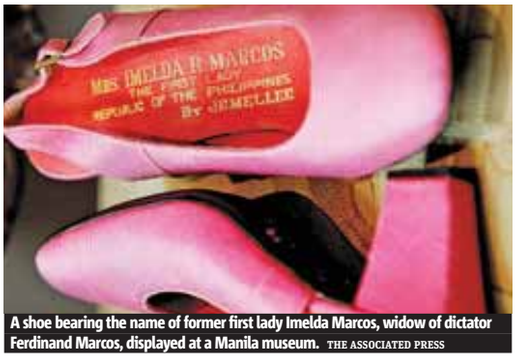

A shoe bearing the name of former first lady Imelda Marcos, widow of dictator Ferdinand Marcos, displayed at a Manila museum. THE ASSOCIATED PRESS

Termites, storms and neglect have damaged part of former Philippine first lady Imelda Marcos' legendary collection of shoes and other possessions left behind after she and her dictator husband were driven into U.S. exile by a 1986 popular revolt.

Hundreds of pieces of late strongman Ferdinand Marcos' clothing, including the formal native see-through barong shirts he wore during his two-decade rule, have also begun to gather mould after being stored for years without protection at the presidential palace, and later at Manila's National Museum, officials told The Associated Press on Sunday.

The Marcoses fled the Philippines at the climax of an army-backed "people power" revolt which became a harbinger of change in authoritarian regimes worldwide. Ferdinand Marcos died in exile in Hawaii in 1989 and his widow and children returned home years later.

They left behind staggering amounts of personal belongings, clothes and art objects at the palace, including at least 1,220 pairs of Imelda Marcos' shoes. THE ASSOCIATED PRESS

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Mateo Compton Moscoso, 3, and his father Paul Compton. Compton has been fighting for nearly three years to obtain Canadian citizenship for Mateo. A change in citizenship rules before his youngest son was born abroad means Mateo can't be considered Canadian. THE CANADIAN PRESS/CONTRIBUTED

New citizenship rules put families living abroad in a bind

Frustration. Ontario native looks to England for citizenship for son after Ottawa changes regulations

Paul Compton is at his wits' end.

The Ontario native has spent nearly three years trying to obtain Canadian citizenship for his younger son with little success and now feels abandoned by his country.

After multiple appeals to politicians and much wrangling with public servants, the 42-year-old is now applying for British citizenship in an attempt to establish a sense of security for his child. But he feels like he's giving up a part of his Canadian identity in the process.

"I don't know what else to do at this point, I've hit a wall," he told The Canadian Press.

Compton is among an unknown number of Canadians caught in a web of regulatory changes made to the Citizenship Act in 2009.

His problems stem from the fact that he was born in Scotland — while his Canadian parents were in university — and his second son was also born abroad, four months after the government imposed a first-generation limit on citizenship by descent for those born outside the country.

That meant Compton's first son, who was born abroad before the regulations changed, is a Canadian, but his younger child, three-year-old Mateo, is not.

THE CANADIAN PRESS

Quoted

"Who are these undeserving citizens?... This is all based on a hypothetical problem.

Audrey Macklin, University of Toronto law professor

Washington

Giant panda dies

The giant panda cub born a week ago at the National Zoo in Washington has died, and it was not immediately known why the animal died, zoo officials said Sunday.

THE ASSOCIATED PRESS

Cookstown, Ont.

Loose bull put down

Police say a bull spotted running loose out on the fields near Highway 400 and Highway 89 after escaping from the Cookstown stockyard was put down Sunday. THE CANADIAN PRESS

Sky's the limit? Report alleges nursing station used medical flights to shop

Staff at a remote First Nations nursing station arranged expensive emergency medical flights — on the federal government's dime — to go grocery shopping in a more populated community, a newly released document alleges.

A special report by Health Canada investigators sets out troubling allegations about the conduct of staff at the Poplar Hill nursing station in northern Ontario, and about a small airline from which the Canada Revenue Agency is still trying to recover a sizable amount of money. The RCMP has also been asked to step in.

The claims are brought to light as part of a months-long investigation by The Canadian Press into allegations of wrongdoing by service providers of the federal government's health plan for aboriginals.

The Non-Insured Health Benefits program provides health-benefit coverage to eligible First Nations people and Inuit when they are not insured by private or provincial plans. The NIHB program also covers travel costs when aboriginals need medical treatment but cannot receive it in their home communities.

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Nuclear tensions. Iran warns of attacks on U.S. bases if war with Israel breaks out

A senior commander in Iran's powerful Revolutionary Guard warned that Iran will target U.S. bases in the region in the event of war with Israel, raising the prospect of a broader conflict that would force other countries to get involved, Iranian state television reported Sunday.

The comments by Gen. Amir Ali Hajizadeh, who heads the Guard's aerospace division, came amid tension over Iran's nuclear program and Israel's suggestion that it might unilaterally strike Iranian nuclear facilities to scuttle what the United States and its allies believe are efforts to build a bomb. Tehran says its nuclear program is for peaceful purposes.

Hajizadeh said no Israeli attack can happen without the support of its most important ally, the United States, making all U.S. military bases a legitimate target.

"For this reason, we will enter a confrontation with both parties and will definitely be at war with American bases should a war break out," Hajizadeh said in remarks that were posted on the website of Iran's state Al-Alam TV. U.S. facilities in Bahrain, Qatar and Afghanistan would be targeted, he said.

The U.S. Fifth fleet is based in Bahrain and the U.S. has a heavy military presence in Afghanistan. THE ASSOCIATED PRESS

Sending a message

The Iranian warning appears to be an attempt to reinforce the potential wider consequences of an attack by Israel.

- The message is not only intended for Washington, but to its Gulf Arab allies that are fearful of a regional conflict that could disrupt oil shipment and cripple business hubs in places such as Dubai and Qatar's capital Doha.

Quoted

"There will be no neutral country in the region.... To us, these bases are equal to U.S. soil."

Gen. Amir Ali Hajizadeh, a senior commander in Iran's Revolutionary Guard

Protesters clash with Greek police at prophet-film rally

Iranian protestors burn a British and a French flag during a demonstration in front of the French Embassy in Tehran Sunday to condemn a French magazine caricaturing Prophet Muhammad. VAHID SALEMI/THE ASSOCIATED PRESS

Unrest. Demonstrations also take place in Iran, Pakistan over depictions of Muhammad

Greek riot police used tear gas and pepper spray to disperse Muslim protesters who clashed with officers Sunday during a rally against a film produced in the U.S. that denigrates Islam's Prophet Muhammad. No injuries were reported.

A general strike in Bangladesh shut down schools, transportation and businesses, while a few hundred people peacefully marched in Pakistan. Iranian students burned flags in Tehran to protest the recent publication of lewd caricatures of Muhammad by a French satirical weekly.

In Athens, six people were detained during the demonstration at a central square, police said. About 600 people attended the rally, which featured heated speeches, but was mostly peaceful.

The crowd then wanted to march to the U.S. Embassy, which is about three kilometres away from Omonia Square. Some tried to break through police lines several times, but riot officers pushed them back.

The violence occurred at the end of the rally, when small groups of protesters threw objects at police. Three cars were damaged and three storefronts smashed.

Banners were displayed in English, denouncing the film and called on the U.S. to hang the filmmaker. One told President Barack Obama "we are all with Osama," referring to Osama bin Laden, the al-Qaida leader who was killed in a U.S. raid in Pakistan in May 2011. THE ASSOCIATED PRESS

Deadly fallout

The amateurish film has sparked violent protests throughout the Muslim world for nearly two weeks.

- The violence linked to protests over the film has resulted in the deaths of at least 49 people, including the U.S. ambassador to Libya.

Security breach probed. Office room broken into while Germany's Merkel held meeting

German police say someone broke into a hotel room that was used as an office of the chancellor's conservative party while Angela Merkel was holding talks in the same building.

Police spokeswoman Antje Roeper said Sunday nothing appears to have been stolen and no explosives were found.

She says Merkel and other party leaders were holding an internal two-day conference near the town of Neuruppin north of Berlin when the incident was discovered Sept. 17. Merkel, the Christian Democrats' chairwoman, was in a meeting on a different floor of the boutique hotel.

Roeper says the room was used as an office to facilitate the conference's organization. No motive has been established as police continue to investigate.

A spokesman for Merkel's party declined to comment on the incident.

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Transfer station.
Suspected human remains belong to bear: Police

Remains found at a north Toronto waste transfer station have turned out to be those of a bear, not a human.

An investigation began Friday after police said "organic material" was found at the station (in the Dufferin Street and Finch Avenue area) by an employee who thought it was a human hand.

The coroner's office and the Toronto police homicide unit were called in to investigate, but it's been determined the remains are parts of a bear.

It's not known how the bear's remains got to the transfer station in the first place. THE CANADIAN PRESS

Good Samaritans.
Bystanders lift car off of trapped nine-year-old boy

A group of bystanders in Toronto sprang into action to rescue a nine-year-old boy by lifting a car off of him.

It happened around 1 p.m. Saturday in east Toronto (near Millwood Road and Overlea Boulevard).

Police say the boy was hit and pinned under the car while running through traffic to catch a bus.

The boy suffered road rash and back injuries that required hospitalization.

Police say he is listed in stable condition.

THE CANADIAN PRESS

Collision

Woman killed during police transport

Ontario's police watchdog has been called in after a 42-year-old woman was killed while being transported by police in Kenora.

The Special Investigations Unit says officers were transporting a woman in custody to the Kenora detachment at about 2 a.m. Sunday when their cruiser collided with a tractor trailer. THE CANADIAN PRESS

Mount Royal

Man dead after mountain fall

A man is dead after falling off the side of Montreal's Mount Royal.

Authorities say the 48-year-old American man fell off the lookout on the east side of the mountain at about 1 a.m. on Sunday.

Montreal police say it doesn't appear alcohol or foul play were involved. The man's body was found at the base of a tree, about 100 metres from where he fell. THE CANADIAN PRESS

Students irked by rising textbook costs

The cost of learning.
New students blame publishers and professors for book fees of up to $1,000 per year

Students walk past a sign for a used bookstore outside Ryerson University on Sept. 19. Complaints about the high cost of textbooks are perennial, but digital publishing may ultimately lower prices significantly. COLIN PERKEL/THE CANADIAN PRESS

The outcry from a group of first-year students forced to buy an expensive art history book that has no art in it has focused attention on an issue as perennial as fall back-to-school jitters: the cost of college and university textbooks.

Almost everyone agrees textbooks can be a significant financial burden for students and their parents, but there's less agreement on what can or should be done to bring the price down.

"Many students are paying upwards of $1,000 per year for textbooks," said Jessica McCormick, deputy chairwoman with the Canadian Federation of Students.

"That is another financial burden that adds to the debt that is sinking this generation."

Students, already paying thousands of dollars in tuition, blame publishers for gouging them.

They also complain instructors prescribe books oblivious to price or real educational value.

Professors argue student readings are essential, and say there's little they can do.

"A large proportion of the material that students need for a proper university education is only available through either commercially published books or journals," said Jim Turk, executive director of the Canadian Association of University Teachers.

"In terms of textbooks, there aren't a lot of good options available."

Turk, whose association speaks for faculties at 124 colleges and universities across Canada, said he understands why the cost of textbooks for highly specialized courses with tiny markets might be high.

Still, he said, that shouldn't apply more generally.

"There are textbooks that sell tens of thousands of copies — in first year psychology, economics or sociology courses — where the size of the market would suggest that the prices could be a lot lower than they are."

Ironically, student efforts to defray book costs — such as buying and selling used — may have pushed publishers into revising content unnecessarily as a way to hike demand for new editions by forcing quick obsolescence.

THE CANADIAN PRESS

Ebooks

Steep growth in digital publishing may render much of the price debate moot.

- Ebooks eliminate paper and printing costs, they can be updated continuously and cheaply, and they cut out middlemen.
- As a result, virtual textbooks sell for significantly less than their hard-copy counterparts.

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iPhone 5. Most U.S. stores sold out during first weekend

It was possible to walk into a U.S. store on the weekend and buy an iPhone 5, but it took some hunting. Some stores reported having Apple's newest phone available for walk-up customers, though not all versions of it. A random check of about a dozen stores indicated that most were sold out.

A Verizon store in New York City said the 32 and 64 gigabyte models, but not the 16 GB version, were available. A Sprint store in a suburb of St. Paul, Minn., said all but the most expensive 64 GB iPhone 5s were sold out. "Before we were even scheduled to open, we were pretty much out," said Eric Rayburn, a worker at a Sprint store in Phoenix, Ariz.

The iPhone 5 went on sale Friday, igniting intense interest around the world.

THE ASSOCIATED PRESS

Sales figures

- On Monday, Apple is expected to announce early results from the iPhone 5's first day of retail sales.

E. coli concerns

Ground beef recall expanded further

The recall of ground beef from Edmonton-based producer XL Foods is being expanded yet again.

The recall due to possible E. coli contamination was announced by the Canadian Food Inspection Agency a week ago and has since been expanded six times. It affects ground beef sold by Sobeys, Foodland, IGA, and Douglas Meats stores in the Prairie provinces, Ontario, the Maritimes and some Big Way and Super A stores.

Now it also includes unlabelled ground beef products sold between Aug. 24 and Sept. 16 at stores which may include small retailers, local meat markets and butcher shops.

The agency advises consumers who are unsure if they have the affected product to check with the stores where they purchased the beef, or simply throw it out.

THE CANADIAN PRESS

Gamers need not apply: New simulator puts safety first

VIRTTEX facility. Ford's virtual reality lab lets researchers monitor bad driving habits

Most car-themed video games challenge players to race as fast as they possibly can, and push dangerous driving to the limit without crashing.

So test subjects who step inside Ford's high-tech VIRTTEX research facility can be forgiven for wanting to stomp the gas pedal in the video game-like driving simulator. But most don't and try their best to stay alive.

In an effort to prevent car crashes in the real world, Ford has designed an incredibly life-like way to test drivers' skills and simulate dangerous situations that could end in death on the roads.

Within a research and development building in Dearborn, Mich., the former hometown of Henry Ford and where the automaker is headquartered, lies the VIRTTEX — short for Virtual Test Track Experiment.

A test driver goes behind the wheel of Ford's VIRTTEX, a safety simulator that analyzes drivers' skills and reactions to dangerous situations on the road. FORD CANADA/THE CANADIAN PRESS

Inside a seven-metre-diameter domed laboratory is what appears to be a standard Ford vehicle. But a close inspection would reveal its engine and transmission have been removed and it has been equipped to tie into an elaborate virtual reality simulator.

Video screens envelope the inside of the domed structure, giving test subjects a simulated 360-degree view of a driving environment. Peeking at all the mirrors reveals accurate views of what you'd expect to see while driving.

Once the simulation has begun, the VIRTTEX structure can move up to three metres side to side or front to back, and two metres vertically, to simulate the motion and feel of actually driving. The steering wheel realistically rumbles just right and sound is pumped into the vehicle to replicate engine and road noise. The wheel and pedals are just as responsive as in any car.

Before long, drivers get lost in the virtual world and feel like they're really driving down a long, open road. And then researchers can start observing all their bad habits. The speeders get identified pretty quickly.

The other cars on the road "are programmed to go five to 10 miles per hour (eight to 16 km/h) faster than you, so we quickly find out what kind of driver people are," says Ford's Mike Blommer.

"If they want to keep up with traffic ... those drivers keep speeding up and the next thing you know you're going 80 to 85 miles per hour (almost 140 km/h)."

THE CANADIAN PRESS

Quoted

"We get some really realistic reactions out of people." Ford's Mike Blommer

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Despite sales drop, Fiat promises to stay in Italy

Fiat and Chrysler CEO Sergio Marchionne is pictured next to the Fiat Panda model at the company's plant near Naples, Italy. The company says it is committed to its plants in that country. LAPRESSE/THE ASSOCIATED PRESS FILE

Auto industry. Amid concerns over possible closures, carmaker says Italian plants will be used for new products

Italian carmaker Fiat has restated its commitment to remain in Italy and says it will refocus its Italian plants on exports.

Fiat, which controls U.S. carmaker Chrysler, made the assurances Saturday after CEO Sergio Marchionne met with Premier Mario Monti amid growing concerns that the crisis would force plant closures.

Fiat sales in Italy dropped by 20 per cent in the first half of the year, and plants have been greatly underutilized.

Fiat said in a joint government statement that it will invest in Italy to prepare new products for launch when the market recovers, and that it has invested five billion euros ($6.34 billion) in the last three years.

Fiat investments have come under scrutiny since it retreated on plans to invest 20 billion euros over five years due to uncertainty.

THE ASSOCIATED PRESS

Nexen Inc.

Ambassador tries to smooth way for oil deal

China's ambassador in Canada is on a charm offensive, appealing to the public to look favourably on Chinese investment in the oil patch.

Ambassador Zhang Junsai has given two recent media interviews coming just after shareholders of Calgary-based Nexen Inc. overwhelmingly approved a generous takeover from Chinese state-owned CNOOC — a deal that still needs Ottawa's blessing to go ahead.

In interviews with the Globe and Mail and CTV, Zhang said Chinese businesses are interested in Canada because the investment climate is stable and regulations are "mature."

He deflected questions about warnings from Canada's spy agency, which said in its latest annual report that state-owned enterprises could be using their investment ties for intelligence purposes. He noted that the Canadian Security Intelligence Service did not name any specific countries.

THE CANADIAN PRESS

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FORD GOES TO CHICAGO — AND DOES HIS JOB AGAIN

URBAN COMPASS
Matt Elliott
toronto@metronews.ca

A funny thing happened on the way to Chicago — after a summer of flubs, Mayor Rob Ford started doing the job he was elected to do again.

Stepping away from the allegations and legal issues that have been dogging him, Ford seemed confident and focused in leading the Team Toronto delegation last week. Sure, there was a brief moment of geographic confusion — Ford told an American couple that the Canadian city across the river from Detroit was Winnipeg — but mostly the mayor looked good.

Even his meeting with Chicago Mayor Rahm Emanuel seemed to go well. They talked about garbage.

Afterwards, Ford drew unanimous praise from the business leaders who tagged along, while other councillors and staff spoke positively about the perspective gained from visiting Toronto's sister city.

Which was good to hear, because the Big Smoke could stand to take a few more cues from Chicago when it comes to waterfront development, building architecture and the expansiveness of their transit system.

If the trip was marred by anything, it was Ford's repetitive claim that taxpayers wouldn't be on the hook for "one red cent" of the costs. Not only did this turn out to be untrue, it's an irrelevant point. All signs point to the Chicago trip being of value to Toronto.

No one should take issue with an elected official using city funds for things that benefit the city. That's the job.

And Ford should be doing more of it. Instead of crowing about cutting his office budget by an arbitrary amount or railing against retirement parties from three years ago, I'd rather see this mayor do more like he did in Chicago: He should get out there and represent Toronto.

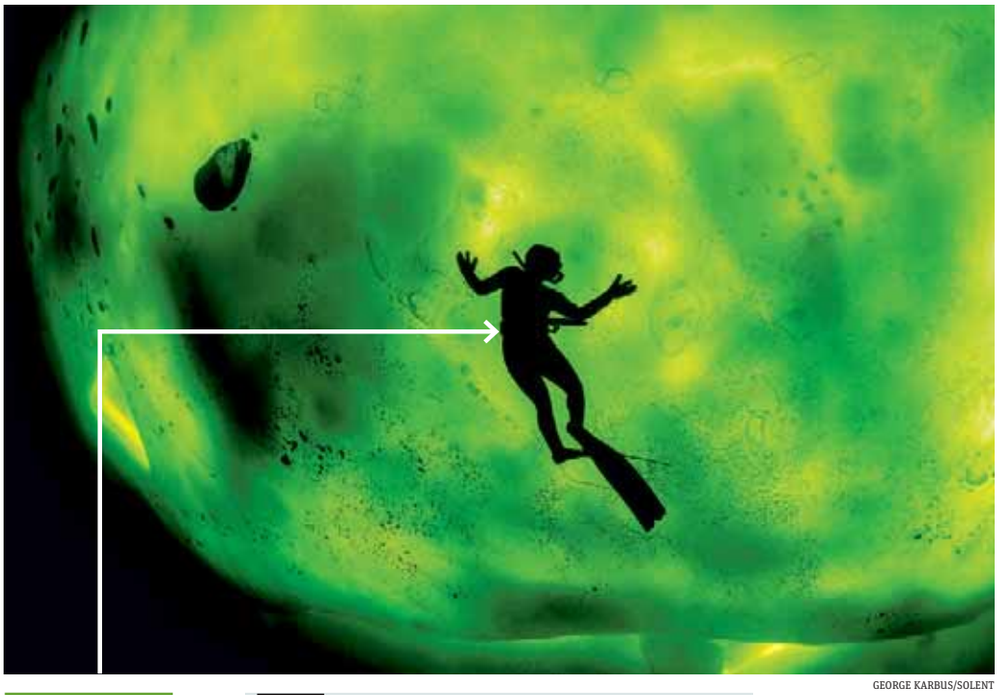
Start with forging connections with the Federation of Canadian Municipalities, which meets for conferences and has played a critical role in making the case for fairer funding arrangements for cities. Their Big City Mayors' Caucus met this summer to discuss, amongst other things, the need for better transit funding. Ford skipped that meeting. He shouldn't make that mistake again.

Not only is having a seat at the table for these conversations good for Toronto, a renewed focus on leadership and representing this city can only help Ford's political fortunes. These days, he's mired in allegations that he's used office resources to help run his high school football team and exercised improper influence to get roadwork done near his family's label company. He's also got a long history of personal foibles. To preserve his mayoralty, Ford desperately needs to change the plot.

As a legitimate use of city resources and far removed from his scandals back home, blowing into the Windy City was a good start.

Rob Ford visits Cloud Gate last Wednesday during a trade mission in Chicago. It's the reflective statue by Anish Kapoor often called 'The Bean' by tourists who flock to it. Ford needs to do a little self reflection of his own, and realize that business trips such as this are worth taxpayers' money.
DAVID RIDER/TORSTAR NEWS SERVICE

Alien world in the Arctic abyss



GEORGE KARBUS/SOLENT

Underwater photo

Otherworldly shot of northern lights

It's the northern lights, but like you've never seen before.

This shot by photographer George Karbus shows a diver's silhouette against the backdrop of aurora borealis, seen through a thick sheet of ice in the cold waters of the Arctic Circle.

"Cold, beauty, adventure" — the three words that encapsulate his image, Karbus said, adding his biggest ambition is, "to capture beauties of our fragile world and show everyone the real treasures of life." METRO

Q & A

'Just too beautiful'

Photographer George Karbus, 33, from Lahinch, County Clare, Ireland, talks to Metro.

Where did you take this image?
The White Sea in Russia, inside the Arctic Circle. It took two days by train to get to the spot by the White Sea. My girlfriend Kate Hamsikova and I set out with a guide on a snowmobile. We went diving after cutting through ice about one metre thick. One dive I noticed that Kate was upside down just under the ice pretty far from the hole we cut out, playing with little bubbles. I dove down for about eight metres to get this beautiful perspective of ice formation with Kate's silhouette.

Part of me wanted to enjoy the lights without taking photographs, but it was too hard to resist. It was just too beautiful.

What was the biggest challenge for you?
The cold water at around -2 C. Also, for the picture we dove without any rope lines. Normally when you're diving you need a rope so that you know where to return to, so it can be quite dangerous without it.

GEORGE KARBUS
Photographer

Photo in detail

- **Equipment used.** Karbus wore a 7 mm freediving wetsuit and used a Nikon D700 with a fisheye lens inside a Subal underwater housing device.
- **Water fan.** "I love the ocean and like to be there every day," said Karbus, who lives in Lahinch on the Atlantic coast. "I like to use my physical abilities and get with my camera in extreme angles to photograph big marine creatures."

Metropolitan Panel

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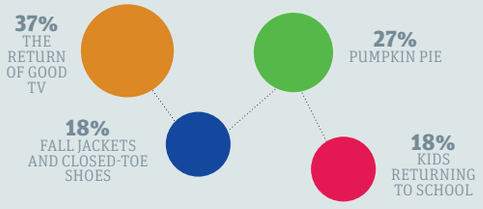
It's officially fall — what are you most excited about?



Twitter

@ohitskidrauhl: Cher Lloyd is in Canada's wonderland, omg i wanna go there nowww.

@tommonips: cher is at canadas wonderland i wanted to go so bad but its sunday ugh

@timeNmoney: Everyone's really busting Apple's chops these days, thinking their days of mobile dominance are numbered and the Galaxy S3 is superior 2 IP5

@teresaaguadagni: So ecstatic that autumn has arrived...it's chilly, but the best season!! :D <3

@littlecallyp: Autumn is here! Autumn is here! *Grabs best jacket, a chunky knit scarf and jumps in a pile of leaves*

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Christina Hendricks of Mad Men. THE ASSOCIATED PRESS

Zooey Deschanel of New Girl. THE ASSOCIATED PRESS

Stars sizzle on the red carpet

Emmys. Louis C.K. wins award for best comedy writing; Modern Family racks up awards for best supporting actors and director in a comedy

Sofia Vergara ramped up the sizzle Sunday night on the Emmy Awards red carpet that already had TV's biggest stars talking about just how hot they were because of the sweltering temperatures in Los Angeles.

Vergara wore a teal-coloured gown by Zuhair Murad with beads all over and a cut-out reverse halter neckline.

She helped fuel the trend toward bright, bold colour that was also worn by pregnant Claire Danes in strapless daffodil-yellow Lanvin.

Jonn Hamm of Mad Men and his girlfriend Jennifer Westfeldt. THE ASSOCIATED PRESS

Amy Poehler of Parks and Recreation. THE ASSOCIATED PRESS

Lena Dunham, creator of Girls. GETTY IMAGES

New Girl star Zooey Deschanel had a manicure with little TV sets on her thumbnails — perhaps the kind of thing "E!" had in mind for its mani-cam that had stars walking their fingers down a tiny red carpet.

As for the winners, they included Eric Stonestreet for best supporting actor on Modern Family; Louis C.K., for his writing on the comedy series Louis; Julie Bowen, for best supporting actress on Modern Family. Modern Family also won best directing of a comedy series, while Julia Louis-Dreyfus snagged best actress for her work on HBO's Veep, and Jon Cryer of Two and a Half Men won the best male lead in a comedy series.

In the reality TV category, Tom Bergeron of Dancing With the Stars was deemed the best host. Claire Danes won best actress in a drama series for Homeland, which also picked up an award for best writing in a drama series.

Aaron Paul, of AMC's Breaking Bad won best supporting actor in a drama series. THE ASSOCIATED PRESS

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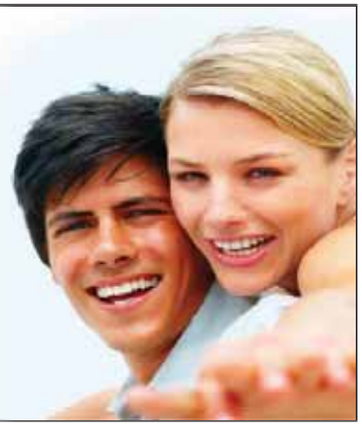

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New Dragon struggles not to be 'nice' guy

David Chilton. Author of Wealthy Barber books joins ruthless panel on CBC show

Watch it

Dragons' Den airs Wednesdays on CBC-TV at 8 p.m. ET and Sundays at 9 p.m. ET

From left, Jim Treliving, Kevin O'Leary, Arlene Dickinson, Bruce Croxon, Dianne Buckner and David Chilton in Dragons' Den. HANDOUT/THE CANADIAN PRESS

David Chilton hopes he doesn't develop a reputation as the "nice dragon."

Best known for his Wealthy Barber personal finance books, Chilton has joined the panel on CBC-TV's Dragons' Den and was seen judging business ideas for the first time in last week's season 7 premiere.

He prides himself on being "the nice guy" in real life but quickly found that being politely uncritical about bad ideas was the wrong approach.

"Frankly, I wasn't very good at that — my first week I tried to stay positive and encouraging," said Chilton.

"And (fellow dragon Arlene Dickinson) pulled me aside and said, 'Look, I think it's great you're trying to be a nice guy but in some instances people are putting too much time and too much money into a business that has no potential.'"

So Chilton braced himself to act a little tougher. Even the "nicer" dragons like Dickinson or Jim Treliving have been known to get a little nasty when pushed by an eager but deluded entrepreneur.

And yet he was also coached not to act too tough and to avoid creating a persona for himself, since producers insisted he not "try to be something you're not."

"For the most part I was myself. But early on I was thinking a little bit too much and I found the adjustment to 'being myself' was not easy," he says.

A longtime fan of Dragons' Den, Chilton says he was relieved to find that the dragons were acting naturally during pitches and the filming of the show wasn't as staged as he feared.

"One concern I had was when I got to be a part of things would I find the behind-the-scenes to be a little fake," he says.

"And maybe it is orchestrated a little bit but it's been quite the opposite. There's no rehearsing, there's no scripting, people walk down the stairs and off you go."

Without offering too much about the rest of the season, Chilton says he was impressed by many of the pitches and viewers will see him invest a lot of money.

"I've written cheques for hundreds of thousands of dollars so I've been very proactively involved," he says.

"I came in with an open chequebook and said I would get involved in whatever deals looked good."

Some of the deals he makes this season won't end up going through. Chilton says he spent almost four months doing due diligence, further scrutinizing businesses before finalizing his investments, and in some cases the deal fell apart.

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Hartman gets star on Walk of Fame

Long time coming. Comedian receives posthumous honour at gala alongside Randy Bachman and Sarah McLachlan

As a comic actor, Phil Hartman was versatile and unselfish, so adept at shining in whatever supporting role he was given that his fellow Saturday Night Live cast members nicknamed him "the Glue." He held the show together.

Hartman was rarely front and centre, but that doesn't mean the Canadian-born comedian — who died in 1998 — didn't appreciate the odd accolade and he certainly would have enjoyed being inducted into Canada's Walk of Fame, says his brother.

"I think he would have really appreciated it," said Paul Hartmann, whose brother dropped the extra "n" when he entered show business. "He loved getting his Emmy (for writing on SNL). He always would play it down — 'No no, not into it.'"

Phil was inducted into Toronto's concrete shrine at a gala on Saturday, the only posthumous honouree amongst a group that also included Winnipeg guitar wizard Randy Bachman, Vancouver-based chanteuse Sarah McLachlan, Hamilton-raised CFL great Russ Jackson and Toronto ballerina Sonia Rodriguez.

For Paul, the "long and arduous journey" to see his brother recognized began years ago when he hopped aboard an existing online campaign by Alex Stevens, a Hartman fan from Whitby, Ont.

Along with fans around the world, they co-ordinated a social media campaign to draw attention to their online petition for Phil's induction. They also rallied for Phil in the media, issuing a press release that made the rounds online and ultimately netted Paul more than 200 interviews with radio, TV and print outlets.

But each year, the Walk of Fame only inducts one Canadian posthumously, and Phil was passed over during the first year of the campaign. And the second. (Beloved author Mordecai Richler took the prize last year, while magician Doug Henning was honoured the year before.)

This year, Paul and a team of his brother's fans stepped up their efforts. They recruited SiriusXM satellite radio to help with the campaign, as well as a bevy of Phil's famous friends who were more than happy to help out or vote online, a group that Paul says included Rob Lowe, cast members of Kids in the Hall, Brent Butt, and original SNL player Laraine Newman.

Paul is understandably elated now to see his efforts were successful — and it's serendipitous that the ceremony should happen to fall two days before what would have been his brother's 64th birthday.

The ceremony will be broadcast on Oct. 14 on Global. THE CANADIAN PRESS

Paul Hartmann poses with two members of the RCMP as he marks his brother Phil's induction into Canada's Walk of Fame in Toronto on Saturday.
CHRIS YOUNG/THE CANADIAN PRESS

Finding her pot of gold: Kristin Chenoweth recovers with a bevy of talented performers

Over the Rainbow. Sometimes, working on some all-time classic show tunes is all it takes when recovering from a head injury

Kristin Chenoweth (centre) with contestants for the role of Dorothy in Over the Rainbow. HANDOUT

Stage star Kristin Chenoweth says working with the would-be Dorothys on CBC-TV's Over the Rainbow proved to be the perfect medicine as she recovers from a head injury.

"I have been in a healing process because I was hurt about 10 weeks ago," said Chenoweth, referring to a summer accident on the set of CBS's The Good Wife.

"What I needed was this. (For) my soul, it was like water in a desert. And I was inspired."

Chenoweth served as a guest mentor on Sunday's installment of the program, which aims to find the lead for an upcoming Mirvish production of The Wizard of Oz.

The Emmy and Tony winner says the Dorothys didn't know she was coming and she surprised them as they were singing a number from her Broadway smash Wicked.

Many told the performer she'd been a role model for them, but Chenoweth said it was actually the contestants who inspired her.

"For me, growing up it was Phantom of the Opera and Les Miz. Those were the shows that were the Holy Grail and when I hear nine girls singing from Wicked ... that's the show that they all like and it makes me happy that I was a part of it," she said.

"To hear them singing, it really was food for the soul."

Chenoweth's accident happened in July when an overhead lighting rig struck her in the face, rendering her unconscious. She suffered a skull fracture as well as rib, neck and back injuries.

"I'm better," said the actress, who burst onto the theatre scene as Sally in the 1999 production of You're A Good Man Charlie Brown.

"I'm really impressed with the makeup artist who covered a lovely bruise I've got on my nose, but it's definitely getting better. And I am so thankful to be getting back into the swing of life and what I love to do."

Added the actress, whose TV credits include Glee and Pushing Daisies: "When you see young talent it makes you think of when you started. And it wasn't so long ago that I do remember being them."

Previously mounted in London, the Mirvish production of The Wizard of Oz is the brainchild of Andrew Lloyd Webber and contains four new songs written by the theatre guru and his longtime collaborator Tim Rice.

Tickets for the show —which opens in December go on sale Monday and the company is offering one free opening night pass to the first 200 people in line at the Ed Mirvish Theatre.

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Glen Hansard. GETTY IMAGES

Singer captures melancholy on his first solo album

Glen Hansard.
Irishman best known for Once retreats to Manhattan after breakup and comes up with a few new songs

CHRIS LEO PALERMINO
Metro World News in Boston

After winning a Grammy and an Oscar, fronting two successful indie folk acts and starring in and composing the soundtrack for a critically acclaimed motion picture, what else could a musician and actor possibly want to accomplish?

In Irishman Glen Hansard's case, it was recording his first solo album at the age of 43.

Rhythm and Repose, the result of Hansard's year-long stay in Manhattan, captures the melancholy of his recent past. After breaking up with Marketa Irglova, who was part of Hansard's folk rock duo The Swell Season and co-star of Once, he retreated to the boundless confines of New York.

"I took a holiday from music, rented a place in New York because I liked the idea of being still," he says, "and New York's a great place to be still in."

He has an unusual definition of still, though. Intermingled with days of sleeping late, going to galleries and biking, he wrote some songs. Enough songs, he realized, to make a solo album.

"I didn't plan on making a solo record yet, but I was taking some time out just to look around and experience things, and the songs happened in that time of repose," says Hansard.

'Once' upon a time

Hansard was a guest on Eddie Vedder's solo ukulele album and opened on several of the Pearl Jam singer's tour dates, which he continues to do after his own dates this month.

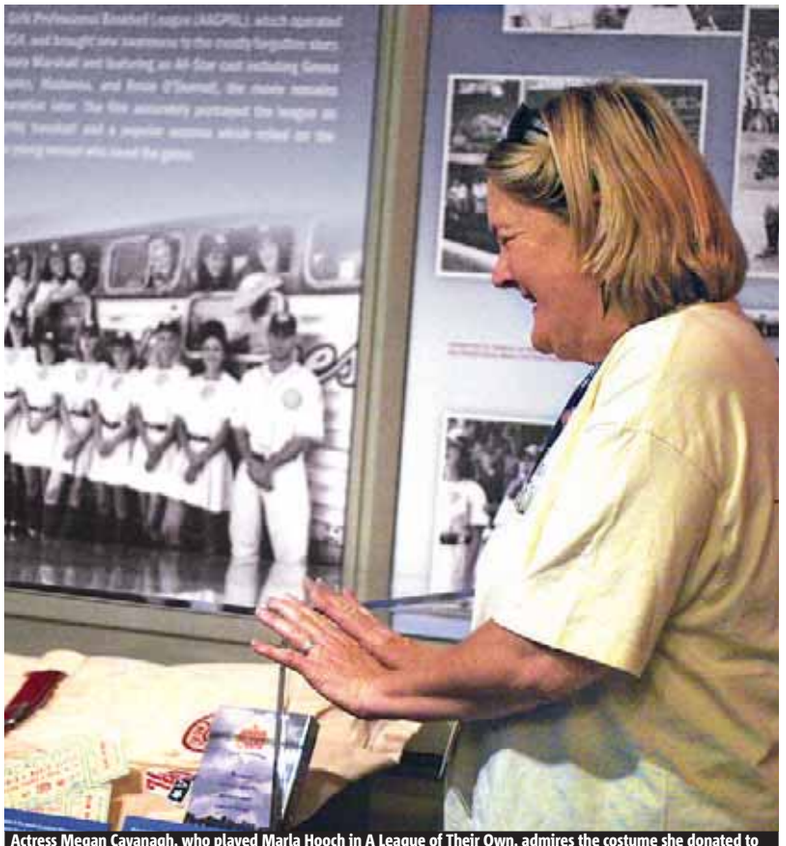
"I was honoured," he says of opening for Vedder. "It was great being unknown and playing to attract new fans."

Hansard began his musical career more than 20 years ago with The Frames. While they haven't recorded since 2006, Hansard has worked with Frames bassist John Carney, who directed him in Once.

The low-budget film has since been turned into Broadway play that won eight Tony awards this year.

Quoted

"If I die being the guy who wrote songs for Once ... I won't mind."
Singer and actor Glen Hansard



Actress Megan Cavanagh, who played Marla Hooch in A League of Their Own, admires the costume she donated to the National Baseball Hall of Fame and Museum, Friday, during the All-American Girls Professional Baseball League reunion. MICHELLE MILLER/THE ASSOCIATED PRESS

Diamond dames

A League of Their Own. Former women's pro baseball players set to reunite in celebration of film's 20th anniversary

When Delores "Dolly" Brumfield started dating her future husband, Joe White, in the 1970s, she never bothered to tell him about her youth — when she played in a league of her own.

"I really didn't tell that many people about it. For one thing, they wouldn't have believed me," Brumfield, now 80, said, recalling her playing days as a teenager in the All-American Girls Professional Baseball League. "That was the biggest thing. If you say, 'Oh, I played professional baseball,' there ain't no such thing, not in the South anyway. They didn't have any idea at all.

"I just didn't talk about it that much."

Brumfield is more than willing to talk about it these days, especially this weekend as 47 former players of the AAGPBL reunite for the 20th anniversary of A League of Their Own, the movie that popularized what Brumfield and more than 500 other women accomplished from 1943-54. A new Blu-ray release from Sony Pictures that includes deleted scenes from the movie will be released in mid-October to celebrate the anniversary.

"I think we were pioneers," said Brumfield, a native of Prichard, Ala. "We showed that we could participate in sports. We could compete in sports."

According to the National Baseball Hall of Fame and Museum, the history of women playing baseball dates back to at least the 1860s, when Vassar College in Poughkeepsie, N.Y. fielded a team. The AAGPBL is considered the first formal women's professional baseball league and was formed when World War II was in full swing.

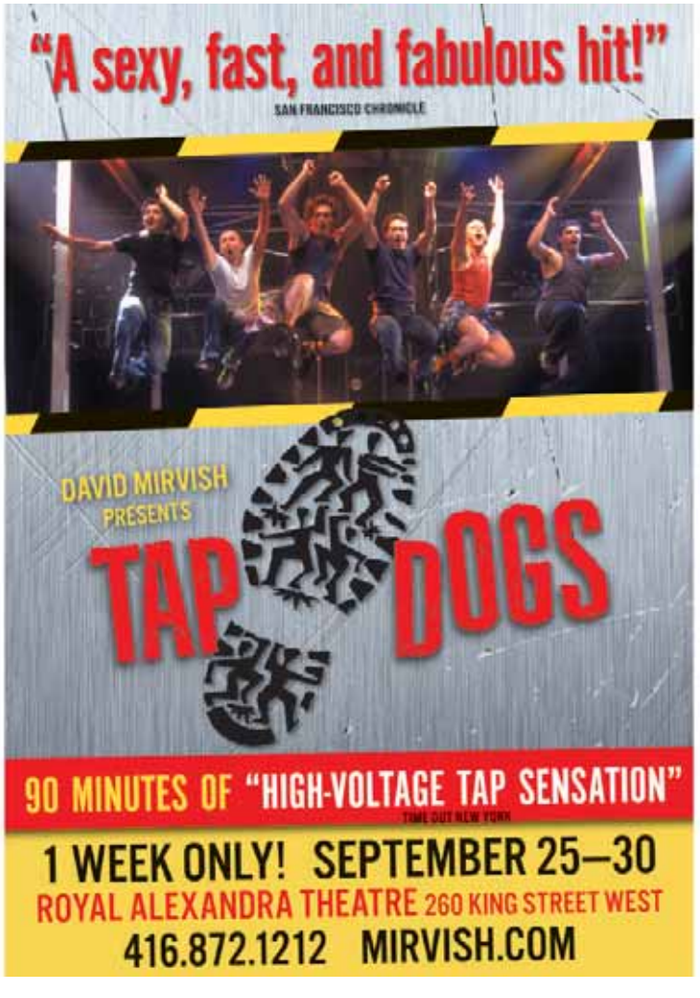
The so-called "lipstick league" was the brainchild of Chicago Cubs owner Philip K. Wrigley, who wanted to keep ballparks busy during the war if baseball was adversely affected by players being called to serve their country. The league's first tryouts were held in Chicago in the spring of 1943 and drew almost 300 women from across the United States and Canada. Four teams from the Midwest — the Rockford Peaches, South Bend Blue Sox, Racine Belles and Kenosha Comets — were formed and played a 54-game season that year. The league also at times included the Fort Wayne Daisies, Minneapolis Millerettes, Kalamazoo Lassies, Muskegon Lassies, Grand Rapids Chicks, Peoria Redwings, Milwaukee Chicks, Chicago Colleens and Springfield Sallies.

Wrigley deemed femininity a high priority and contracted with Helena Rubenstein's Beauty Salon to meet with the players at spring training. Proper etiquette was taught and each player received a beauty kit with instructions. THE ASSOCIATED PRESS

Quoted

"The men from the shipyards and paper mills in Mobile during World War II would come to play ball. I was out there just wanting to play ... If there was somebody missing, they'd let me fill in."

Delores Brumfield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End of Watch director aims to make 'ultimate cop movie'

David Ayer. Latest cop flick takes a different approach from director's previous crime dramas

Director David Ayer. CHRIS YOUNG/THE CANADIAN PRESS

A veteran writer and director of cop-genre flicks, David Ayer wanted to do something different and a little more real with his latest End of Watch, which opened Friday.

Rather than pitch another over-the-top story about kingpin criminals and corrupt cops, Ayer wanted to focus on the real lives of police officers, including their tight on-the-job friendships and their relationships with their chronically worried families.

"I really set out to make, in a lot of ways, the ultimate cop movie," explains Ayer during an interview at this year's Toronto International Film Festival. Ayer has previous credits for the crime dramas Training Day, S.W.A.T. and Dark Blue, among others.

"This movie is a little more existential ... it really drills down into the lives of two best friends who happen to be cops, who happen to wear the badge."

To get the realism he was after, he convinced his lead actors — Jake Gyllenhaal and Michael Pena — to spend five months preparing for their roles by undergoing extensive research with real police officers and intensive personal training.

And the director spent a lot of time with the actors to workshop the best-friend relationship between the two partners, including their scripted but seemingly off-the-cuff banter.

"We did some scenes and rehearsed some scenes like 100 times and that's the kind of work you've got to put in for you to try to make it seem effortless," says Pena.

A father to a toddler, Pena admits he fell into some bad habits eating too much junk food as he got into parenthood. He was told he'd need to shape up if he wanted the role of a tough, intimidating street cop and that meant losing his gut, 25 pounds, and completely transforming his body.

Shadowing real police officers on their day-to-day calls was no easier.

"I remember going on one ride-along and you see somebody shot in the face, shot in the arm and stuff, and that's not easy to digest," Pena says.

Ayer also wanted the film to have a YouTube-inspired, non-Hollywood look. Gyllenhaal's character is taking a course on filmmaking and constantly carries around a camera documenting his exploits. His shaky footage gives the film a first-person perspective, one that Ayer became familiar with after watching the personal video collections of police officers he is friends with.

"Just like we do, when something interesting happens everyone grabs their iPhone — cops do it," Ayer says.

"Some of this footage that I've seen, it's absolutely riveting, and it rides this spectrum from utterly hilarious to heinous and it seemed like a fantastic way to tell a story."

THE CANADIAN PRESS

Quoted

"The truth of it is they're just people like us, they're just bros, they're just dudes in a car talking about their lives — and when it's time to work, the switch flips and they hit it."

Director David Ayer, on the premise of his new movie End of Watch

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OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Me Tarzan, you gum chewer

THE WORD
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It's all gum all the time for Kellan Lutz — with a few starring roles thrown in.

Last Wednesday, the Twilight star popped up at Helen Mills, a theatre and event space in New York, to launch his latest endeavor: Being the enthusiastic spokesperson for iD gum, a new brand of the chewy stuff that's geared to teens.

"Who would have thought 10, 20, 50 years ago that gum would be an accessory? Now it is. Now it's cool to show that you have gum versus hiding a piece of gum for your breath. Now it's like, 'Oh you've got some iD gum?'" the actor asked philosophically.

The collaboration between Lutz isn't just for profit, mind you. "I only want to stay true to my brand and do great quality products, which this is. I'm a huge fan of the gum. I love gum," he told a group of reporters about his decision to lend his name to iD.

Dude loves gum, am I right? So much so that even when we were able to get him off message to talk about what's next for his career, we couldn't help but read in between the lines (quotes in bold belong to The Word).

"It's bittersweet," he says about the end of Twilight **(and possibly a new flavour of gum)**. He continued: "It feels like a closing of a chapter but in a way it's like your last days of high school — you're really looking forward to college and I'm really looking forward to that **(like I'm looking forward to this piece of iD gum)**. It's been great having my own project now, to **(chew delicious gum and)** be the lead in Tarzan **(a character who wasn't fortunate enough to be alive when gum was so accessible, but I think he chewed on pine bark of some sort)**. Hopefully we can franchise that. It's going to be great **(just like this piece of iD gum I'm waiting to chomp on)**."

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Amanda Bynes

Everyone is leaving Amanda Bynes

Things don't seem to be getting any better for Amanda Bynes. After being pulled over at the Burbank airport last week and having her car impounded, the actress has been charged with two counts of driving on a suspended license, according to TMZ.

On top of that, the troubled former child star was reportedly dropped by her agent, publicist and lawyer — all within the last few weeks — because she'd become "extremely difficult" this year. But a source close to Bynes says the actress isn't worried, since she's looking to transition from acting to fashion anyway.

Paris Hilton

Hilton apologizes about gay slur

Paris Hilton is on damage control after a recording of her calling gay men "disgusting" went public last week.

Hilton insists to gay rights group GLAAD that she "always will be a huge supporter of the gay community" in a public statement.

"I am so sorry and so upset that I caused pain to my gay friends, fans and their families," she says. "I was having a private conversation with a friend of mine who is gay and our conversation was in no way towards the entire gay community."

In the chat, secretly recorded during a taxi ride in New York, Hilton said, "Gay guys are the horniest people in the world. They're disgusting. Dude, most of them probably have AIDS."

Lady Gaga

Gaga talks weight, dad's new restaurant

Lady Gaga admits that she's put on some weight lately, but she's not stressing out about it.

"I'm dieting right now because I gained, like, 25 pounds," she says in a radio interview, according to the Huffington Post. "And you know, I really don't feel bad about it, not even for a second." While she's had a rather hectic tour schedule, she says part of the cause may be closer to home.

"I love eating pasta and pizza. I'm a New York Italian girl," Gaga says. "That's why I have been staying out of New York. My father opened a restaurant. It's so amazing, it's so freaking delicious, but I'm telling you I gain five pounds every time I go in there."

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Channing Tatum is good to look at

@SarahKSilverman
Dear men, I love you to pieces. So trust me when I tell you you've gotta stop wearing cologne immediately

Timberlake heads to Cabo

Justin Timberlake knows how to celebrate. He was spotted with pals arriving in Cabo San Lucas, Mexico, Friday where he'll reportedly spend a week with fiancée Jessica Biel and pals celebrating their impending nuptials, according to Us Weekly. The Mexican vacation began just hours after Timberlake hit up several nightclubs in Las Vegas for what sources are referring to as his bachelor party. Whatever the purpose of the night out, Timberlake "was a good boy," says a source who spotted him at one poolside club packed with models. "It was just him and his guys in their cabana."

Justin Timberlake

Did Paltrow find her new BFF?

Gwyneth Paltrow is shuffling around her best friends rankings, taking a break from BFF Madonna after more than a decade of chumminess. "Everything always revolved around Madonna," a source tells Us Weekly. "She is finally done." So who is moving into the top spot? Paltrow has apparently tapped Cameron Diaz for the gig. "Gwyneth is a nurturer," the source says, explaining that Diaz "is bummed about being single, so Gwyneth sees her as a project."

Gwyneth Paltrow

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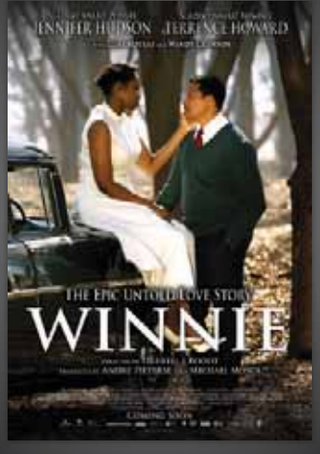

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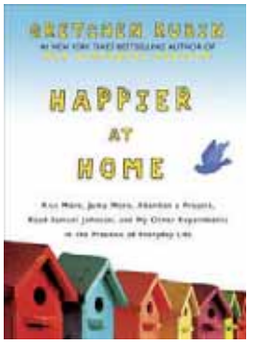
LIFE 3

Looking for ways to bring more joy to life at home? Clean up

Gretchen Rubin is the author of Happier at Home. SUBMITTED

Book. Gretchen Rubin, author of the Happiness Project, is back with a new book, Happier at Home. The following is an excerpt from the book.



For me, fighting clutter is a never-ending battle; although I'd labored to clear clutter as part of my first happiness project, I was eager to find additional strategies to stop its insidious progress. Inspired by William Morris's rousing call to "Have nothing in your houses that you do not know to be useful, or believe to be beautiful," I resolved to "go shelf by shelf," then drawer by drawer, then closet by closet, to consider each of our possessions.

Did one of us use it or love it? Would we replace it if it were broken or lost? If so, was it in the right place? If not, why keep it?

Years ago, I started keeping a list of my Secrets of Adulthood — the large and small lessons I'd mastered as I'd grown up. Recent additions included:

- Just because something is fun for someone else doesn't mean it's fun for me.
- It's enormously helpful, and surprisingly difficult, to grasp the obvious.
- You need new friends and old friends.
- The quickest way to progress from A to B is not to work the hardest.
- It's easier to prevent pain than to squelch it (literally and figuratively).
- Where you start makes a big difference in where you end up.
- The opposite of a profound truth is also true.
- A change is as good as a rest.
- It's more important to say something than to say the right thing.
- The best reading is rereading.

One of the most helpful of these Secrets of Adulthood holds that "Outer order contributes to inner calm." Why is this true? Perhaps it's the tangible sense of control, or the relief from visual noise, or the release from guilt. In the span of a happy life, having a messy desk or an overflowing closet is clearly trivial, and yet creating order gives a disproportionate boost of energy and cheer. (Of all the resolutions that I've proposed, which one do people most often mention that they've tried, with great success? The resolution to "Make your bed.") EXCERPTED FROM HAPPIER AT HOME. COPYRIGHT 2012 GRETCHEN RUBIN. PUBLISHED BY DOUBLEDAY CANADA, AN IMPRINT OF THE DOUBLEDAY CANADA PUBLISHING GROUP, WHICH IS A DIVISION OF RANDOM HOUSE OF CANADA LIMITED. REPRODUCED BY ARRANGEMENT WITH THE PUBLISHER. ALL RIGHTS RESERVED.

Read it

Happier At Home is available at bookstores everywhere and Randomhouse.ca

Exclusively online

metronews.ca/voices

- **The name game.** How do you choose a baby name that's original but easy to pronounce, sophisticated but unpretentious, and would look good on the ballot for Prime Minister? Follow along with the comedic (mis) adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices

Before you pack up the fam and hit the road...

IT'S ALL RELATIVE
Kathy Buckworth, kathybuckworth.com

Family travel is a great way to combine fun and learning for both adults and children. While no one can guarantee your family vacation will be perfect, try to ensure you make the most of it by taking the time to plan ahead.

Make sure you mix the historic (learning) and the hysteric (fun):

- Check out the school curriculum before planning a trip and see if there is a fit to what the kids are studying (geography, history, learning about currencies, etc.)
- Get some appropriate age level (fiction and non-fiction) books about where you're travelling, and read them together.
- Introduce some typical foods of the country you're going to visit, prior to going, so they seem somewhat familiar to the kids when you get there. This will help them gobble up local cuisine without complaint.
- Visit the websites for the tourism boards of the places you're going, and if you can, the hotels you'll be staying at.
- Pick out a few local customs (like shoes off in Japanese households) and explain how they came about, and why they are important to the residents of that country.
- Prepare a short (age appropriate) quiz for the car or plane ride about where you're going to go, and afterwards, what you saw.

KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM/ OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH

Have fun with the entire family on vacation by following a few simple steps. ISTOCK

On the web

Qrikel

Scan this code or visit metronews.ca/voices to find out why choosing a baby name is one of the most stressful things about being pregnant.

‘Pinning’ craft projects is easy but perfecting them is not

For the aspiring cooks and crafters who frequent Pinterest.com, “pinning” something is one thing. “Nailing” it is another.

By letting users create “virtual pinboards,” Pinterest has become a popular way to keep track of home decor ideas, recipes and craft projects spread across the Internet. But those who go beyond collecting pretty pictures and actually attempt to recreate the crafts often discover it’s harder than it looks.

Such failures are featured to humorous effect on at least two sites, including Pintester.com and CraftFail.com. As the name implies, the former chronicle’s one woman’s dogged attempts to replicate recipes, fashion, beauty products and craft ideas she spots on Pinterest. The latter, which was launched before Pinterest existed, accepts submissions from anyone who has tried, and failed, at crafting of any kind.

Heather Mann of Salem, Ore., started CraftFail as a place to post her own failed projects away from her craft blog, Dollarstorecrafts.com.

From her early posts about handmade soap that resembled Spam (“when you want to wash your hands with what appears to be potted meat”), the site has attracted hundreds of entries from fellow crafters willing to poke fun at themselves. Pinterest is now often the inspiration, or culprit, she said.

“With the popularity of Pinterest, a lot of new, inexperienced people are trying crafting. They see something on Pinterest that they like and they want to recreate it, and when they do, it doesn’t turn out the way they wanted it to,” she said.

Mann can tell a project is popular on Pinterest by how many failed versions of it arrive in her inbox. When a project that called for baking cupcakes in ice cream cones reached its peak, she was getting a submission every other week. In May, she posted a round-up of

An increase in interest

“With the popularity of Pinterest, a lot of new, inexperienced people are trying crafting.”

Heather Mann of craftfail.com, whose site is devoted to failed DIY projects.

“those pesky ice cream cone cupcakes of doom,” contrasting Betty Crocker’s perfectly formed, impeccably frosted cones with a collection of images showing cake batter oozing out of the cones.

As on Pintester.com, the not-so-perfect pictures are often labelled with the tagline “NAILED IT.” But unlike Mann, Pintester’s Sonja Foust is decidedly un-crafty. Some readers have complained she’d have more success if she used the correct ingredients or materials.

“But this is how I really do it, even if I wasn’t publishing it on a blog,” she said. “It’s not that I’m doing it just for the cheap laughs, I’m just really bad at this stuff.”

Even when she follows the instructions, failure is common. Take the Strawberries and Cream Mug Cake. The original version from babble.com’s The Family Kitchen blog shows a single serving of cake tucked into a dainty white mug, topped with a swirl of whipped cream and a scattering of strawberries. Foust’s blog shows a lumpy, spongy mess she pried out of the mug with a spoon.

“I was pretty surprised and sort of torn between being disappointed that it didn’t turn out and delighted that it was going to make a good blog post,” said Foust, who lives in Durham, N.C., and writes romance novels in addition to her blog.

Despite her admitted lack of skills, Foust said she frequently attempted to make recipes and crafts she saw on Pinterest even before she had her blog.

“I have this disease where I look at something and think, ‘Oh, that looks really easy, I can do that!”’ she joked. THE ASSOCIATED PRESS

With Halloween coming up, make costumes in advance just in case you need more than one try at perfecting them. THE ASSOCIATED PRESS/ CRAFTFAIL.COM

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Getting insurance quotes can be a lengthy process, especially if you’re calling around to numerous insurance companies. Online quoting services like InsuranceHotline.com make it easy for drivers to get car insurance quotes that are compared against more than 30 insurance companies – in just 5 to 10 minutes.

Rates change regularly. The most obvious benefit of shopping around for car insurance is the possibility of getting a better rate and saving a lot of money. Because rates change frequently, it’s important to check rates periodically, as a rate obtained in the last year could have decreased since then with a different provider. While insurance companies change their rates, your driver profile may have also changed, which will affect your rate – A ticket or accident falling of your record, a vehicle change or a moving to a new home can affect your car insurance rate.

Each insurance company views drivers differently. For drivers with tickets or accidents on their record, the biggest benefit of shopping around is to see which companies may rate that ticket or accident less harshly than others. Each insurance company determines how to rate for different types of tickets or accidents, which means that a better rate may be available somewhere else. In fact, rates can be vastly different for the same driver with the same ticket with two different companies.

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Retire the chicken-noodle combo and give trout a taste

Several thousand years ago, people discovered that exposing fish to intense amounts of salt and smoke was a great way of preserving the catch for later.

Today, our smoking techniques are considerably more refined, and we do it more for flavour than as a means of preservation. And that makes it a shame more people don't think to reach for smoked fish as an effortless way to add gobs of flavour to the foods they love.

Change that with this recipe for Smoked Trout Noodle Soup, which isn't as strange as it sounds.

Smoked trout has a meaty texture similar to chicken. And the rich, smoky flavour is the perfect match for a soup thick with noodles.

Ingredients

- 2 tbsp olive oil
- 1 clove garlic, minced
- 3 medium carrots, peeled and chopped
- 1 large yellow onion, diced
- 2 stalks celery, chopped
- 1 cup frozen peas
- 1 tbsp chopped fresh thyme
- Large sprig fresh rosemary
- 6 cups (1 1/2 quarts) chicken broth
- 2 cups elbow pasta
- 2 cups baby spinach
- 2 scallions, whites and greens, chopped
- Salt and ground black pepper
- 8-oz package smoked trout

1. In a large saucepan over medium-high, heat the oil. Add the garlic, carrots, onion, celery, peas, thyme and rosemary. Sauté for 5 minutes.

2. Add the chicken broth and bring to a simmer. Add the pasta and cook for 7 to 8 minutes, or until barely tender. Remove and discard the rosemary stem. Add the spinach and scallions and heat for 30 seconds. Season with salt and pepper.

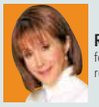
3. Using a fork, flake and break up the trout into large bite-size chunks. Ladle the soup into serving bowls, then pile a bit of the trout in the centre of each.

THE ASSOCIATED PRESS

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Healthy eating

Choose it and lose it



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When burgers are loaded with cheese and bacon, you're just asking for an overload of all things unhealthy.

Wendy's Baconator

1,340 calories/ 91 gm fat/ 39 g saturated fat/2,840 mg sodium
You'll be lucky if you make it out of the restaurant without going into cardiac arrest after eating this burger's three patties, three cheese slices and nine bacon pieces.

Equivalent

Aside from being equivalent in fat to 10 Kobe style beef sliders from Milestones, Wendy's Baconator is also more than an entire day's worth of non-nutritional food.

Wendy's 1/2 Pound Double

880 calories/ 49 gm fat/ 21 g saturated fat/ 1,450 mg sodium
Splurge on half a pound of meat, which is close to half the calories, fat and sodium. That's still high for a meal but an improvement.

TTC Advisory Committee on Accessible Transit (ACAT)

INVITATION FOR APPLICATION

To facilitate community input into the planning, development, and implementation of accessible transit, the Toronto Transit Commission relies on the TTC Advisory Committee on Accessible Transit (ACAT).

Its role is to represent the needs and concerns of people with disabilities and seniors who use the TTC. It provides guidance and policy advice to the Commission on issues pertaining to the ways and means of improving fixed route (i.e., TTC bus, subway, streetcar) and Wheel-Trans services.

Six (6) volunteer positions on the committee are open to residents of the City of Toronto who have disabilities, as well as, seniors or others who have a knowledge of and an interest in, accessible transportation issues. Applicants must be willing to make a commitment of a minimum of 7 hours per week, to attend meetings normally held during regular business hours.

Interested applicants must attend an information session at Toronto City Hall, 100 Queen Street West, to obtain more information about the committee and its function. Sessions will be held in Committee Room 2 on Tuesday, October 2nd, 2012 from 1:00 pm to 3:00 pm, and on Thursday, October 4th, 2012 from 7:00 pm to 9:00 pm. Application forms will be distributed only to attendees after the seminars.

Those interested in attending the sessions who have any special needs, please call Grace at Wheel-Trans, weekdays 8:00 am to 12:00 noon at (416) 393-4180 or the TTY line at (416) 393-4555 or email to acat@ttc.ca.

Catching the customer in your wonderful web

That's out of site!
How to make the most of your online efforts

Imagine you own a shoe store. It's in a busy shopping mall and has an inviting storefront with an attractive sign and window displays. You're almost guaranteed traffic — and probably sales, too, if you've got halfway decent products and prices.

Now picture that same shoe store on an out-of-the way country road with a grimy window and a crooked sign. It doesn't matter how great your footwear is. You probably won't have enough customers to stay in business.

Now ask yourself which of those two stores most resembles your company's website. In today's business world, your website is your storefront. It could be the main way customers are finding you and forming an impression about you.

A properly designed site is especially important if your business is growing and you are trying to improve your profile. But many small businesses don't devote a lot of effort to optimizing their site to ensure it's easily found via internet search engines and geared to help make sales.

Prioritize your online domain and watch your customer base multiply. ISTOCK

The little site that could

A small, agile, creative company can be as effective online as a big company.

Mark Evans
Digital marketing and startup consultant

Sites need improvement

"A well-designed site can help your company compete effectively with businesses that have deeper pockets and larger marketing budgets," says Michel Bergeron, Senior Vice President, Marketing and Public Affairs at the Business Development Bank of Canada.

Ranking high in search engine results is vital for your visibility online, Bergeron says. People rarely venture beyond the first page of a Google search result. Indeed, research indicates that websites appearing on the first page attract 90 per cent of the traffic.

Having a poorly optimized website can be a problem even if most of your sales don't happen over the Internet, says Mark Evans, a leading Canadian digital marketing and startup consultant.

"The Internet is the way most people discover new products and services."

Happily, small businesses can use simple, inexpensive tools to help level the playing field with large businesses, Evans says. "A small, agile, creative company can be as effective online as a big company."

Philip Murad has found a way to turn his website into a gold mine for his fast-growing business, Philip & Henry, which books magic shows for a network of magicians across North America. Murad's website accounts for three-quarters of his sales, which have been growing up to 30 per cent annually for the past decade.

Clean, simple layout

Visitors to Philip Murad's site are greeted with a clean, simple layout that's easy to navigate without a lot of scrolling or clicking. The site prominently displays links allowing them to get a price quote or book a show in their area. There's also a short YouTube video featuring happy customers, and contact information is easy to find at the top of the page.

NEWS CANADA

Magic tricks

Philip Murad's business website shows up on the first page out of 150 million results for the term 'magic shows.' A paid ad for Philip & Henry is the top result in a search for 'magician.'

- Murad credits years of experimentation with search engine optimization — the art of getting search engines like Google to rank your site near the top. He sprinkles his content with a few dozen keywords that describe his business and help him stand out from the competition.

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The In-Credibility Factor

Name: Terry Beech
City: Vancouver
Age: 31
Occupation: Co-founder and CEO of HiretheWorld

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Terry Beech PROVIDED

As the youngest elected official ever in Canada (he was a city councillor for Nanaimo, B.C., when he was 18) Beech went on to co-create HiretheWorld. The online company is a marketplace for graphic design, attracting designers from 132 countries.

I knew I was on my way when... I started running into happy customers. I'd be driving downtown and see a restaurant storefront that was entirely designed on my site. I flew to Heathrow in London and I had my HiretheWorld shirt on. A lady ran up to me and told me that her company logo had been done on my site.

A large majority of our business is word-of-mouth. We want to grow, grow and grow. We want to expand internationally, and I'm excited about all the other entrepreneurial opportunities out there.

Action Plan

• Have an intense focus on value creation. Think about how you can make a person's life better rather than make another dollar. If you provide value to the consumer, then the money will come.

• Surround yourself with amazing people who love what they do. Being an entrepreneur is hard enough and you don't need to waste your time and energy with employees who are just adequate. If you want to be a rock star surround yourself with rock stars and your odds of success will exponentially increase.

• Do not develop a fear about what other people think of you, because it will prevent you from taking risks. I never regret the risk that went badly but I regret the risks I didn't take because I was playing it safe.

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The class pet provides a lesson

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Ssssso cool: Hailey Fink gets acquainted with a corn snake in the first grade classroom of Dawn Slinger in Farmington, Minn.
JIM MONE / THE ASSOCIATED PRESS

For many children, their first pet is a virtual one.

Experts say many children who enter the first grade can play video games but few have a pet to play with. And teachers say that's a shame, considering how animals — real ones — can enrich a child's upbringing.

So for a quarter of a century, educators such as Dawn Slinger in Farmington, Minn., have paid out of their own pockets to provide one for their classrooms. Only in the past few years have groups stepped in to help with the financial burden.

Two years ago, Pets in the Classroom, a Maryland-based project from the non-profit foundation Pet Care Trust, began offering grants to U.S. and Canadian teachers in grades 1 through 8. The money can be used to buy starter pets, cages, food and other supplies. It issued its 10,000th grant this summer.

The $150 grants help offset the cost of the animal and its care, which helps teachers like Slinger who has been using her own money, said foundation executive director Steve King. Just an aquarium for a frog could cost more than a hundred dollars.

Teachers who apply for a second year or more get $50 for additional equipment, food and supplies.

Parents tell Slinger their children are inspired by the animals and are excited about learning, she said.

Slinger said that out of a class of children — hers last year had 26 — "maybe six will have pets at home, usually a cat or dog. Not many will have reptiles."

Since taking her class, "several students have got 10 hermit crabs or fish for their houses. One got a lizard and one is working on a snake."

The decision over what kind of pet to get lies with the teacher. Slinger chose hers because they fascinate children, their temperaments are right and they don't bother students with allergies or asthma, she said.

Concerns from parents over disease, allergies and exposure to waste have led to bans or limits on animals in some classrooms, although service animals are allowed in most schools. The Pet Care Trust leaves it to the teachers to know their students and parents, and King said teachers and students must follow cleanliness guidelines.

Among applications for first-time grants, the most popular choices for classroom pets were small mammals, like hamsters, guinea pigs, rats and rabbits, King said. That was followed by aquarium pets, reptiles and amphibians, then birds, he said.

Classroom pets also can be incentives for good grades, as when some teachers allow students to care for the animals when school is out, King said. Slinger visits her classroom pets two or three times a week during summers and vacations.

As for the animals that don't return for another school year, that's a learning moment too, King said.

"Lifespan is part of the life lesson that comes with having a classroom pet," he said.

THE ASSOCIATED PRESS

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SPORTS 4

Montreal Alouette Trent Guy evades a tackle from the Toronto Argonauts' Ricky Foley to score a touchdown during CFL action in Montreal on Sunday.
GRAHAM HUGHES/THE CANADIAN PRESS

Anderson, Guy lead Als in sinking Argos

CFL. Ray injures knee as Boatmen lose back-to-back games for the first time this season

A big game by Brandon Whitaker's replacement Victor Anderson and a surprise touchdown on special teams gave the Montreal Alouettes the victory in a showdown with the Toronto Argonauts, who were left pondering life without quarterback Ricky Ray.

Anderson and Trent Guy each scored two touchdowns as the Alouettes took the battle for first place in the CFL East Division in an unexpectedly easy 31-10 win on Sunday afternoon.

Montreal (8-4) leads the Argonauts (6-6) by four points with six regular season games left for both clubs.

And Toronto, which lost consecutive games for the first time this season, heads into its next contest in Winnipeg on Friday not knowing if Ray, or backup Jarious Jackson, will be under centre. Coach Scott Milanovich said tests will be needed to determine the extent of the knee injury Ray suffered near the end of the first quarter that caused him to leave the game. Ray had just completed a pass when a teammate rolled into him on what Milanovich called an "innocent" play.

"His knee's a little banged up and right now we're looking at him as day to day," Milanovich said. "It's a short week.

"We're going to do what's right for Ricky in the long term. We'll be smart about it. If Ricky's back and able to go then we'll go with him. At this point, I don't have a lot of answers."

Jackson made some fine passes in relief, but was unable to get to the end zone. The veteran completed 15 passes for 198 yards and was picked off once.

Toronto went into Montreal looking to tie the Alouettes for the division lead and clinch the season series between the teams, but it was all Alouettes from an opening drive that saw Anderson score on a 40-yard pass and run.

They meet again Oct. 18 in Toronto. THE CANADIAN PRESS

1,000-yard mark

Toronto's Chad Owens caught six balls for 87 yards and passed the 1,000-yard mark in receptions for the first time in his career.

- He now has a career-high 73 catches for the campaign.
- He is the first Argo to top 1,000 receiving yards since Arland Bruce in 2008.

NHL

Owners, union to get together

The NHL and NHL Players' Association are set to meet for the first time in nearly two weeks, but a discussion about a new collective bargaining agreement isn't on the agenda.

Instead, the sides will discuss the accounting for last season's hockey-related revenue when they sit down together Monday morning in Toronto.

It's the first time they've met since Sept. 12, when each side tabled a proposal. THE CANADIAN PRESS

NFL

Bills snap road losing streak

Ryan Fitzpatrick threw three touchdown passes and the Buffalo Bills beat the Cleveland Browns 24-14 on Sunday, snapping an eight-game road losing streak.

Fitzpatrick finished 22 of 35 for 208 yards as the Bills turned to their passing game after C.J. Spiller, the NFL's leading rusher, was lost in the first quarter with a shoulder injury.

Before he got hurt, Spiller scored on a 32-yard screen pass from Fitzpatrick. THE ASSOCIATED PRESS

Buffalo Bills quarterback Ryan Fitzpatrick after throwing a touchdown pass Sunday.
DAVID RICHARD/THE ASSOCIATED PRESS

Mobile sports

Qriket

Manny Pacquiao made another concession last week in offering to take less money and relent top-billing in order to entice Floyd Mayweather Jr. into the ring, yet boxing's long-awaited super-fight is still far from a sure thing.

Jenkins a bright spot in another Jays loss

Toronto fielders Colby Rasmus and Moises Sierra slam into the outfield wall after both went after a fly ball on Sunday in St. Petersburg, Fla. Rasmus made the catch, but the Jays lost 3-0 to the Rays. PHELAN M. EBENHACK/THE ASSOCIATED PRESS

It was a memorable Sunday afternoon for Blue Jays rookie right-hander Chad Jenkins.

The 24-year-old Atlanta native welcomed his parents, who had driven down for his first major-league start at Tropicana Field, as he tried to help the Jays avoid a sweep at the hands of the Tampa Bay Rays. He was outstanding in a 3-0 loss that left the Jays with a 4-14 record for the season against the Rays.

"The (Jays) told me the day before we left for New York (last Saturday), they told me I'd be making a start in Baltimore and that I'd be going to Florida (Tuesday) to get stretched out," Jenkins said of his week prior to his starting debut. "I was warming up for the (simulated) game in Florida and they told me that I'd be starting Sunday now. It was a great experience. I'm excited."

Jenkins responded well. The former Jays first-round pick went five solid innings, allowing a solo homer to Evan Longoria in the first inning — one of just two hits he surrendered — with a walk and four strikeouts.

Perhaps the Jays' best scoring opportunity came in the sixth inning. They loaded the bases against Jeremy Hellickson with two out. Rays manager Joe Maddon brought hard-throwing left-hander Jake McGee in to pitch to left-handed hitter Kelly Johnson.

Instead of pinch-hitting for Johnson, who owns a .204 average against lefties, manager John Farrell left him in to hit. McGee froze Johnson for strike three. TORSTAR NEWS SERVICE

Sunday's game

Rays	Blue Jays
3	0

Premier League

Van Persie plays hero for Man U

Robin van Persie's penalty kick gave Manchester United a 2-1 victory over 10-man Liverpool on Sunday, settling a heated Premier League meeting between the fierce rivals.

At 1-1, van Persie beat Liverpool goalkeeper Pepe Reina in the 81st minute after Antonio Valencia was fouled by Glen Johnson to secure United's first win at Anfield since December 2007. THE ASSOCIATED PRESS

Robin van Persie celebrates his goal on Sunday in Liverpool. MICHAEL REGAN/GETTY IMAGES

Boxing

Ex-WBO champ dies in hospital

Corrie Sanders, the South African southpaw who knocked out Wladimir Klitschko in one of the great upsets in heavyweight boxing, has died after being shot by robbers at a restaurant during a family celebration.

The former WBO and WBU champion was 46.

Sanders was shot in the hand and stomach on Saturday night, police said. He died in a hospital Sunday. THE ASSOCIATED PRESS

Bones knows he's a work in progress in and out of cage

UFC. 'Dumb decisions' have made Jones a polarizing figure

A smiling Jon (Bones) Jones wore a simple Nike "Bones Knows" T-shirt to his pre-UFC 152 open workout.

The Nike sponsorship is one of the many things that separates the UFC light-heavyweight champion from almost all other MMA fighters. Along with Canadian Georges St-Pierre, Jones has become a legitimate crossover star with heavyweight sponsors.

The T-shirt may reference Bo Jackson's "Bo Knows" back-in-the-day campaign but comes across more unintentionally ironic.

At 25, Jones acknowledges there is so much more to know — inside and outside the cage.

Jones (17-1) won again Saturday night, surviving an early first-round submission scare to put veteran Vitor (The Phenom) Belfort away by Americana (keylock) 54 seconds into the fourth round.

"I think it was a good performance, but there was definitely a lot of room to improve," Jones said by way of self-analysis, putting jiu-jitsu on the top of his list.

As for outside the cage, Jones admits to making "a lot of dumb decisions" in his life.

A one-of-a-kind MMA fighter, Jones remains a polarizing figure as evidenced when he entered the Air Canada Centre to a chorus of boos for his fourth title defence.

"Jon's made some mistakes," said UFC president Dana White. "And now it's time for him to fix them. He's going to be around for a long time, he's not going anywhere unless he does it to himself."

A drunk driving charge after crashing his Bentley — he pleaded guilty and apologized — and a very public row with White over who he should fight at UFC 151 after an injured Dan Henderson pulled out top Jones' list of recent stumbles. UFC 151 was subsequently cancelled, leaving some fans in the lurch.

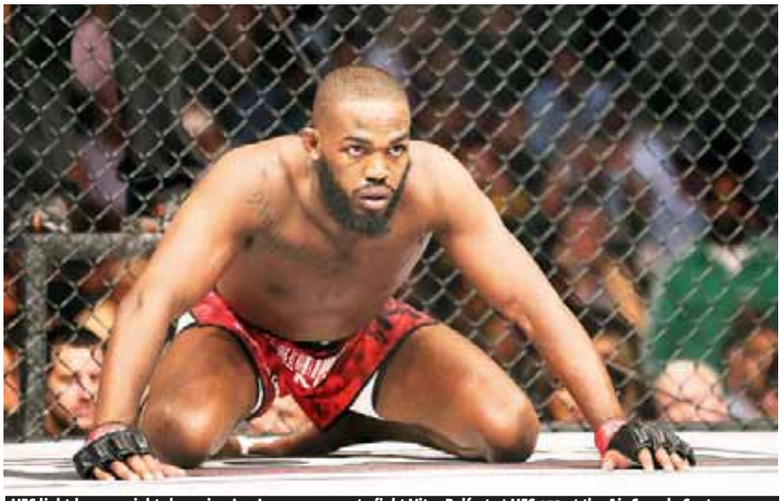
But the fact Jones rubs some the wrong way runs deeper.

Jones upset Rashad Evans, a former training partner, when he agreed to step in for an injured Evans in a title shot against Mauricio (Shogun) Rua. Jones won the championship, sparking a lengthy war of words with a bitter Evans before beating him in a five-round decision.

To some, Jones' move in taking the title shot was a triumph of opportunism over loyalty.

The champion can come across as a combination of smiling man-child who can't believe his fortune and opportunistic entrepreneur-athlete looking out for No. 1. Jones has shown different sides as he rose the fighting ladder.

There is the memorable image of one early public workout when a young Jones all but stripped in an effort to find souvenirs to give away to watching fans. Contrast that with a smug Jones stopping a reporter during a pre-Evans fight interview to make sure he used a certain answer because it sounded good. Like most of us, the true story probably lies in the middle of good and bad. THE CANADIAN PRESS



UFC light-heavyweight champion Jon Jones prepares to fight Vitor Belfort at UFC 152 at the Air Canada Centre on Saturday night. RENE JOHNSTON/TORSTAR NEWS SERVICE

Quoted

"I actually didn't even know that.... But I think hockey is such a crazy-ass sport up here, nothing can hurt it. Nothing."

UFC president Dana White who was unaware the NHL was on ice until a reporter asked him about it following UFC 152 Saturday night at the Air Canada Centre

UFC 152

Jones still champion

UFC light-heavyweight champion Jon Jones retained his belt after submitting Vitor Belfort in the main event at the Air Canada Centre. He survived an early armbar to pick apart the challenger over the next four rounds until finishing with an armlock. It netted Jones the $65,000 Submission of the Night award.

In the co-main event, Demetrious Johnson was crowned the UFC's first flyweight champion after the judges gave him a split decision win over Joseph Benavidez.

Canadians on the card went 3-1. TJ Grant of Cole Harbour, N.S., won his welterweight bout against Evan Dunham in style, with each fighter earning a $65,000 bonus for their Fight of the Night performance.

Go to metronews.ca for a complete UFC 152 recap. FERNANDO CARNEIRO/METRO

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MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	88	64	.579	—
Baltimore	87	65	.572	1
Tampa Bay	83	70	.542	5½
Boston	69	85	.448	20
Toronto	**66**	**85**	**.437**	**21½**

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	81	70	.536	—
Detroit	80	71	.530	1
Kansas City	70	81	.464	11
Minnesota	63	89	.414	18½
Cleveland	62	90	.408	19½

WEST DIVISION

	W	L	Pct	GB
Texas	89	62	.589	—
Oakland	86	66	.566	3½
Los Angeles	83	69	.546	6½
Seattle	72	80	.474	17½

Sunday's results
Minnesota 10 Detroit 4 (1st game)
Oakland 5 N.Y. Yankees 4
Boston 2 Baltimore 1
Tampa Bay 3 **Toronto 0**
Cleveland 15 Kansas City 4
L.A. Angels 4 Chicago White Sox 1
Texas 3 Seattle 2
Minnesota at Detroit (2nd game)
Saturday's results
N.Y. Yankees 10 Oakland 9 (14 innings)
Baltimore 9 Boston 6 (12 innings)
Detroit 8 Minnesota 0
Kansas City 5 Cleveland 3
Tampa Bay 11 Toronto 5
L.A. Angels 4 Chicago White Sox 2
Seattle 1 Texas 0
Monday's games — All Times Eastern
Toronto (H.Alvarez 9-13) at Baltimore (S.Johnson 3-0), 4:05 p.m., 1st game
Kansas City (Hochevar 8-14) at Detroit (Verlander 15-8), 7:05 p.m.
Toronto (R.Romero 8-14) at Baltimore (W.Chen 12-9), 7:35 p.m., 2nd game
Oakland (Straily 2-1) at Texas (D.Holland 11-6), 8:05 p.m.
Cleveland (McAllister 5-8) at Chicago White Sox (Sale 17-7), 8:10 p.m.
N.Y. Yankees (Pettitte 4-3) at Minnesota (Hendriks 1-7), 8:10 p.m.
Tuesday's games
Cleveland at Chicago White Sox, 2:10 p.m.
Kansas City at Detroit, 7:05 p.m.
Toronto at Baltimore, 7:05 p.m.
Tampa Bay at Boston, 7:10 p.m.
Oakland at Texas, 8:05 p.m.
N.Y. Yankees at Minnesota, 8:10 p.m.
Seattle at L.A. Angels, 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
z-Washington	92	60	.605	—
Atlanta	88	65	.575	4½
Philadelphia	77	76	.503	15½
New York	69	83	.454	23
Miami	66	87	.431	26½

CENTRAL DIVISION

	W	L	Pct	GB
x-Cincinnati	92	60	.605	—
St. Louis	82	71	.536	10½
Milwaukee	79	73	.520	13
Pittsburgh	75	77	.493	17
Chicago	59	94	.386	33½
Houston	50	103	.327	42½

WEST DIVISION

	W	L	Pct	GB
x-San Francisco	89	63	.586	—
Los Angeles	78	74	.513	11
Arizona	77	75	.507	12
San Diego	72	80	.474	17
Colorado	58	94	.382	31

z-clinched playoff berth

Sunday's results
N.Y. Mets 3 Miami 2
Atlanta 2 Philadelphia 1
Milwaukee 6 Washington 2
Pittsburgh 8 Houston 1
St. Louis 6 Chicago Cubs 3
Arizona 10 Colorado 7
San Diego 6 San Francisco 4
L.A. Dodgers at Cincinnati
Saturday's results
Washington 10 Milwaukee 4
St. Louis 5 Chicago Cubs 4 (10 innings)
N.Y. Mets 4 Miami 3
Atlanta 8 Philadelphia 2
Cincinnati 6 L.A. Dodgers 0
Houston 4 Pittsburgh 1
Arizona 8 Colorado 7
San Francisco 8 San Diego 4
Monday's games — All Times Eastern
Milwaukee (Estrada 4-6) at Washington (Zimmermann 11-8), 1:05 p.m.
Pittsburgh (McPherson 0-1) at N.Y. Mets (Mejia 0-1), 7:10 p.m.
St. Louis (Lynn 16-7) at Houston (Abad 0-5), 8:05 p.m.
Arizona (Cahill 12-11) at Colorado (Chatwood 4-5), 8:40 p.m.
Tuesday's games
Washington at Philadelphia, 7:05 p.m.
Miami at Atlanta, 7:10 p.m.
Milwaukee at Cincinnati, 7:10 p.m.
Pittsburgh at N.Y. Mets, 7:10 p.m.
St. Louis at Houston, 8:05 p.m.
Chicago Cubs at Colorado, 8:40 p.m.
L.A. Dodgers at San Diego, 10:05 p.m.
Arizona at San Francisco, 10:15 p.m.

RAYS 3, BLUE JAYS 0

Toronto	ab	r	h	bi	Tampa Bay	ab	r	h	bi
Lawrie 3b	4	0	0	0	DJnngs lf	3	1	1	0
Rasms cf	4	0	0	0	BUpton cf	4	1	1	1
Encrnc dh	4	0	1	0	Zobrist ss	2	1	1	0
Lind 1b	3	0	0	0	Longori 3b	4	0	2	2
Arencii c	4	0	0	0	Scott dh	3	0	0	0
YEscor ss	3	0	3	0	BFrncs ph-dh	1	0	0	0
KJhnsn 2b	3	0	1	0	Kppngr 2b	3	0	0	0
Sierra rf	4	0	0	0	RRorts 2b	1	0	0	0
Gose lf	4	0	2	0	Joyce rf	3	0	1	0
C.Pena 1b	3	0	1	0					
Vogt c	2	0	0	0					
JMolin c	1	0	0	0					
Totals	**33**	**0**	**7**	**0**	**Totals**	**30**	**3**	**7**	**3**

Toronto	000	000	000	**—0**
Tampa Bay	100	000	02x	**—3**

DP—Toronto 1. LOB—Toronto 9, Tampa Bay 6. 2B—Gose (6), Longoria (13), Joyce (18), HR—B.Upton (26). SB—De.Jennings (29). S—K.Johnson.

Toronto	IP	H	R	ER	BB	SO
Jenkins L,0-2	5	2	1	1	1	4
Delabar	1 1-3	2	0	0	0	3
Oliver	2-3	1	0	0	0	1
Lyon	1-3	2	2	2	1	0
Loup	2-3	0	0	0	0	1
Tampa Bay						
Hellickson W,9-10	5 2-3	5	0	0	2	6
McGee H,17	1-3	0	0	0	0	1
Farnsworth H,7	2-3	1	0	0	0	0
Howell H,3	1-3	0	0	0	0	0
Jo.Peralta H,35	1	0	0	0	0	1
Rodney S,44-46	1	1	0	0	0	1

HBP—by Jenkins (De.Jennings). WP—Hellickson. Umpires—Home, Bob Davidson; First, Brian Gorman; Second, Tony Randazzo; Third, Todd Tichenor.
T—3:00. A—18,985 (34,078) at St. Petersburg,

CFL

WEEK 13

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	12	8	4	0	332	337	16
Toronto	12	6	6	0	288	305	12
Hamilton	12	4	8	0	353	381	8
Winnipeg	12	3	9	0	235	377	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
B.C.	12	9	3	0	317	222	18
Calgary	12	7	5	0	337	287	14
Saskatchewan	12	6	6	0	314	259	12
Edmonton	12	5	7	0	265	275	10

Week 13
Sunday's results
Montreal 31 Toronto 10
Saskatchewan 30 Calgary 25
Saturday's result
B.C. 19 Edmonton 18
Friday's result
Winnipeg 34 Hamilton 12
Week 14
Friday, Sept. 28 — All Times Eastern
Montreal at Hamilton, 7 p.m.
Edmonton at Calgary, 10 p.m.
Saturday, Sept. 29
Toronto at Winnipeg, 7 p.m.
B.C. at Saskatchewan, 10 p.m.

ALOUETTES 31, ARGONAUTS 10

First Quarter
Mtl — TD Anderson 40 pass from Calvillo (Whyte convert) 3:56
Mtl — FG Whyte 10 10:38
Tor — FG Waters 34 14:20
Second Quarter
Mtl — TD Guy 9 pass from Calvillo (Whyte convert) 10:26
Tor — FG Waters 36 12:39
Third Quarter
Mtl — TD Guy 129 missed FG return (Whyte convert) 4:13
Tor — Single Waters 35 8:38
Mtl — TD Anderson 5 run (Whyte convert) 13:14
Fourth Quarter
Tor — Safety Whyte concedes 10:00
Tor — Single Waters 60 11:28

Toronto	**3**	**3**	**1**	**3**	**—10**
Montreal	**10**	**7**	**14**	**0**	**—31**

Attendance — 23,209 at Montreal.

TEAM STATISTICS

	Tor	Mtl
First downs	15	21
Yards rushing	94	124
Yards passing	228	315
Total offence	322	439
Team losses	20	6
Net offence	302	433
Passes made-tried	18-35	15-29
Return-yards	141	168
Intercepts-yards by	2-0	1-0
Fumbles-lost	1-0	1-0
Sacks by	0	2
Punts-average	8-50.0	5-43.3
Penalties-yards	12-89	9-63
Time of possession	29:58	30:02

INDIVIDUAL STATISTICS

Rushing: Tor — Kackert 13-84, Owens 1-8, J.Jackson 1-2; Mtl — Anderson 17-76, Jennings 5-23, McPherson 3-13, Calvillo 1-12.
Receiving: Tor — Owens 6-87, Inman 3-65, Bradwell 3-31, Johnson 2-20, Rambo 2-12, Watt 1-10, Kackert 1-3; Mtl — London 5-118, Richardson 4-79, S.Green 2-58, Anderson 3-51, Guy 1-9.
Passing: Tor — Rays 3-4, 30 yards, 0 TDs, 0 ints, J.Jackson 15-31-198-0-1; Mtl — Calvillo

GOLF

PGA TOUR CHAMPIONSHIP

At Atlanta
Par 70
Final Round

Brandt Snedeker (2,500), $1,440,000	68-70-64-68—270
Justin Rose (1,500), $864,000	66-68-68-71—273
Luke Donald (875), $468,000	71-69-67-67—274
Ryan Moore (875), $468,000	69-70-65-70—274
Webb Simpson (525), $304,000	71-68-70-66—275
Bubba Watson (525), $304,000	69-66-70-70—275
Jim Furyk (450), $272,000	69-64-72-72—277
Hunter Mahan (413), $248,000	68-73-71-66—278
Tiger Woods (413), $248,000	66-73-67-72—278
Robert Garrigus (327), $205,760	68-69-69-73—279
Dustin Johnson (327), $205,760	69-67-73-70—279
Matt Kuchar (327), $205,760	67-69-70-73—279
Rory McIlroy (327), $205,760	69-68-68-74—279
Bo Van Pelt (327), $205,760	67-68-71-73—279
Sergio Garcia (273), $167,200	69-73-71-68—281
Zach Johnson (273), $167,200	68-69-70-74—281
Phil Mickelson (273), $167,200	69-71-72-69—281
Scott Piercy (273), $167,200	67-73-71-70—281
Adam Scott (260), $156,800	68-73-70-72—283
Jason Dufner (253), $152,000	70-70-71-73—284
Carl Pettersson (253), $152,000	71-67-75-71—284
Steve Stricker (245), $147,200	67-73-73-73—286
Keegan Bradley (235), $140,800	70-73-70-74—287
Rickie Fowler (235), $140,800	71-68-72-76—287
Louis Oosthuizen (235), $140,800	70-71-69-77—287
John Senden (225), $134,400	72-68-73-75—288
Ernie Els (220), $132,800	72-75-71-71—289
Nick Watney (215), $131,200	75-74-70-74—293
John Huh (210), $129,600	74-70-73-77—294
Lee Westwood (205), $128,000	72-73-76-74—295

PGA TOUR FEDEXCUP FINAL STANDINGS

	Points—Money
1. Brandt Snedeker	4,100—$10,000,000
2. Rory McIlroy	2,827—$3,000,000
3. Tiger Woods	2,663—$2,000,000
4. Nick Watney	2,215—$1,500,000
5. Phil Mickelson	2,073—$1,000,000
6. Justin Rose	1,770—$800,000
7. Louis Oosthuizen	1,635—$700,000
8. Dustin Johnson	1,527—$600,000
9. Luke Donald	1,275—$550,000
10. Lee Westwood	1,205—$500,000
11. Ryan Moore	1,105—$300,000
12. Zach Johnson	1,073—$290,000
13. Bubba Watson	1,005—$280,000
14. Jason Dufner	853—$270,000
15. Jim Furyk	790—$250,000
16. Webb Simpson	785—$245,000
17. Sergio Garcia	733—$240,000
18. Matt Kuchar	707—$235,000
19. Hunter Mahan	693—$230,000
20. Steve Stricker	685—$225,000
21. Keegan Bradley	655—$220,000
22. Bo Van Pelt	647—$215,000
23. Robert Garrigus	637—$210,000
24. Carl Pettersson	613—$205,000
25. Adam Scott	560—$200,000
26. Ernie Els	510—$195,000
27. Scott Piercy	483—$190,000
28. Rickie Fowler	475—$185,000
29. John Huh	460—$180,000
30. John Senden	445—$175,000

LPGA NAVISTAR CLASSIC

At Prattville, Ala.
Par: 72
Final

Stacy Lewis, $195,000	66-70-65-69—270
Lexi Thompson, $120,962	63-69-74-66—272
Mi Jung Hur, $70,089	68-65-72-68—273
Haeji Kang, $70,089	70-68-67-68—273
Angela Stanford, $70,089	67-68-68-70—273
Beatriz Recari, $41,060	70-71-66-67—274
Sarah Jane Smith, $41,060	69-69-68-68—274
Meena Lee, $29,692	70-67-71-67—275
So Yeon Ryu, $29,692	69-69-69-68—275
Also:	
Alena Sharp, $7,649	**67-69-73-72—281**
Lorie Kane, $3,841	**67-68-76-75—286**

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Jets	2	1	0	.667	81	75
Buffalo	2	1	0	.667	87	79
New England	1	1	0	.500	52	33
Miami	1	2	0	.333	65	66

SOUTH

	W	L	T	Pct	PF	PA
Houston	2	0	0	1.000	57	17
Jacksonville	1	2	0	.333	52	70
Tennessee	1	2	0	.333	67	113
Indianapolis	1	2	0	.333	61	83

NORTH

	W	L	T	Pct	PF	PA
Cincinnati	2	1	0	.667	85	102
Baltimore	1	1	0	.500	67	37
Pittsburgh	1	1	0	.500	46	41
Cleveland	0	3	0	.000	57	75

WEST

	W	L	T	Pct	PF	PA
San Diego	2	1	0	.667	63	51
Denver	1	1	0	.500	52	46
Kansas City	1	2	0	.333	68	99
Oakland	0	2	0	.000	27	57

WEEK THREE

Thursday's result
N.Y. Giants 36, Carolina 7
Sunday's Games
Dallas 16, Tampa Bay 10
Chicago 23, St. Louis 6
Minnesota 24, San Francisco 13
Tennessee 44, Detroit 41, OT
Kansas City 27, New Orleans 24, OT
Cincinnati 38, Washington 31
N.Y. Jets 23, Miami 20, OT
Buffalo 24, Cleveland 14
Jacksonville 22, Indianapolis 17
Arizona 27, Philadelphia 6
Atlanta 27, San Diego 3
Oakland 34, Pittsburgh 31
Houston 31, Denver 25
New England at Baltimore
Monday's Game
Green Bay at Seattle, 8:30 p.m.

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Dallas	2	1	0	.667	47	54
Philadelphia	2	1	0	.667	87	79
N.Y. Giants	2	1	0	.667	94	65
Washington	1	2	0	.333	99	101

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	3	0	0	1.000	94	48
Tampa Bay	1	2	0	.333	60	67
Carolina	1	2	0	.333	52	79
New Orleans	0	3	0	.000	83	102

NORTH

	W	L	T	Pct	PF	PA
Minnesota	2	1	0	.667	70	59
Chicago	2	1	0	.667	74	50
Green Bay	1	1	0	.500	45	40
Detroit	1	2	0	.333	87	94

WEST

	W	L	T	Pct	PF	PA
Arizona	3	0	0	1.000	67	40
San Francisco	2	1	0	.667	70	65
Seattle	1	1	0	.500	43	27
St. Louis	1	2	0	.333	60	78

WEEK FOUR

Thursday, Sep. 27 — All Times Eastern
Cleveland at Baltimore, 8:20 p.m.
Sunday, Sep. 30
Tennessee at Houston, 1 p.m.
San Diego at Kansas City, 1 p.m.
Seattle at St. Louis, 1 p.m.
New England at Buffalo, 1 p.m.
Minnesota at Detroit, 1 p.m.
Carolina at Atlanta, 1 p.m.
San Francisco at N.Y. Jets, 1 p.m.
Miami at Arizona, 4:05 p.m.
Oakland at Denver, 4:05 p.m.
Cincinnati at Jacksonville, 4:05 p.m.
New Orleans at Green Bay, 4:25 p.m.
Washington at Tampa Bay, 4:25 p.m.
N.Y. Giants at Philadelphia, 8:20 p.m.
Open: Indianapolis, Pittsburgh
Monday, Oct. 1
Chicago at Dallas, 8:30 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	30	16	7	7	37	25	55
Chicago	29	16	8	5	42	34	53
New York	30	14	8	8	50	43	50
D.C. United	29	14	10	5	46	39	47
Houston	30	12	8	10	42	37	46
Columbus	30	13	11	6	36	37	45
Montreal	31	12	15	4	44	49	40
Philadelphia	28	8	14	6	29	33	30
New England	30	7	15	8	37	41	29
Toronto	30	5	18	7	34	55	22

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-San Jose	30	18	6	6	62	36	60
x-Los Angeles	30	15	11	4	54	42	49
x-Real Salt Lake	30	15	11	4	40	34	49
Seattle	29	13	7	9	45	31	48
Vancouver	29	10	12	7	29	38	37
Dallas	30	9	12	9	35	38	36
Colorado	29	9	18	2	36	43	29
Portland	30	7	15	8	31	51	29
Chivas USA	28	7	14	7	21	44	28

x — clinched playoff berth.
Note: Three points for a win, one for a tie.
Sunday's results
Philadelphia 3 Houston 1
Chivas USA at D.C. United
Colorado at Vancouver
Saturday's results
Montreal 0 Kansas City 0
Los Angeles 4 Toronto 2
Chicago 2 Columbus 1
Real Salt Lake 2 Portland 1
San Jose 2 Seattle 1
Friday, Sept. 28 — All Times Eastern
Chicago at Kansas City, 8:30 p.m.
Saturday, Sept. 29
Toronto at New York, 7 p.m.
Philadelphia at Columbus, 7:30 p.m.
New England at Houston, 8:30 p.m.
Seattle at Vancouver, 9 p.m.
D.C. United at Portland, 10:30 p.m.
Real Salt Lake at Chivas USA, 10:30 p.m.
Dallas at San Jose, 10:30 p.m.
Sunday, Sept. 30
Los Angeles at Colorado, 7 p.m.

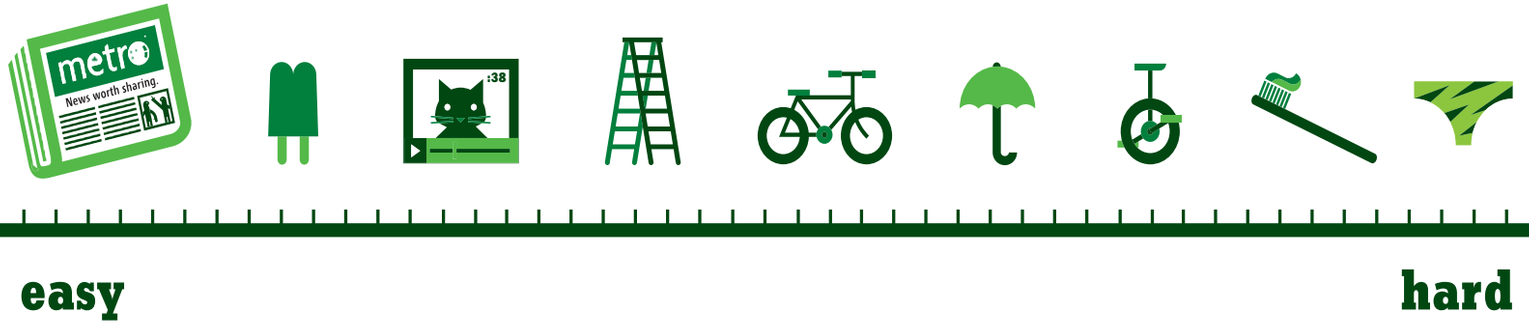
SATURDAY NIGHT

GALAXY 4, TFC 2

Toronto	**1**	**1**	**2**
Los Angeles	**3**	**1**	**4**

First Half
1. Los Angeles, Juninho 6, 11th minute
2. Los Angeles, Juninho 7 (Franklin), 33rd
3. Los Angeles, Keane 13 (Magee, Donovan), 36th
4. Toronto, Dunfield 3 (Silva), 38th
Second Half
5. Toronto FC, Silva 5 (Avila), 86th
6. Los Angeles, Keane 14 (Donovan, Juninho), 90th+
Yellow Cards — Toronto: Johnson (30), O'Dea (80), Morgan (85).
Referee — Yader Reyes. Assistant Referees — Craig Lowry, George Gansner. Fourth Official — Jesus Cisneros.

Sharability



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1) Helen Iordanidis	26 Fidelity Ave., Brampton, ON L7A 2S5
2) Kyle Huter	83 Greenlaw Ave, Toronto, ON M6H 3V8
3) Penti Valli	4-2 Prospect St, Toronto, ON M4X 1C6
4) Susan Dale	100 De Vere Gardens, Toronto, ON M5M 3G2
5) Rachel Teoh	565 Sherbourne St, Toronto, ON M4X 1W7

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Horoscopes

♈ Aries
March 21 - April 20
Keep things simple this week because if you lose focus you will get confused and make it easy for your rivals to get the better of you – and no way should they ever be better than you.

♉ Taurus
April 21 - May 21
Ever had the feeling that you are repeating yourself? If you get it today you must stand back from what you are doing and try to remember when and where it occurred before. It could save you money.

♊ Gemini
May 22 - June 21
Think carefully about what you are about to do and don't do it unless you are absolutely sure it is right and proper. The planets indicate you won't lose out by being a bit more cautious than usual.

♋ Cancer
June 22 - July 23
The most important thing now is that you are clear in your own mind about your feelings and motivations. Time spent thinking will not be time lost. On the contrary, it's an investment in your future success.

♌ Leo
July 24 - Aug. 23
It would be wise to compromise with loved ones and colleagues today, even if you honestly believe that you are right and they are wrong. They have the power to make life uncomfortable for you if they so choose.

♍ Virgo
Aug. 24 - Sept. 23
You have important things to do and you cannot afford to waste time on small talk or idle chatter. You may have to be blunt, even rude, with people who seem unable to raise their sights as high as your own.

♎ Libra
Sept. 24 - Oct. 23
You are the most important person in your life and must always put yourself first. That might sound selfish but until you take care of your own needs and desires you won't be able to take care of others.

♏ Scorpio
Oct. 24 - Nov. 22
What you learn today will in some small but important way change how you look at the world. Just because different people have different ways of seeing does not mean that one is right and one is wrong.

♐ Sagittarius
Nov. 23 - Dec. 21
Make peace with rivals and enemies. You have more important things to do with your time than waste it on petty feuds. The good news? Someone you meet on your travels could turn out to be your new best friend.

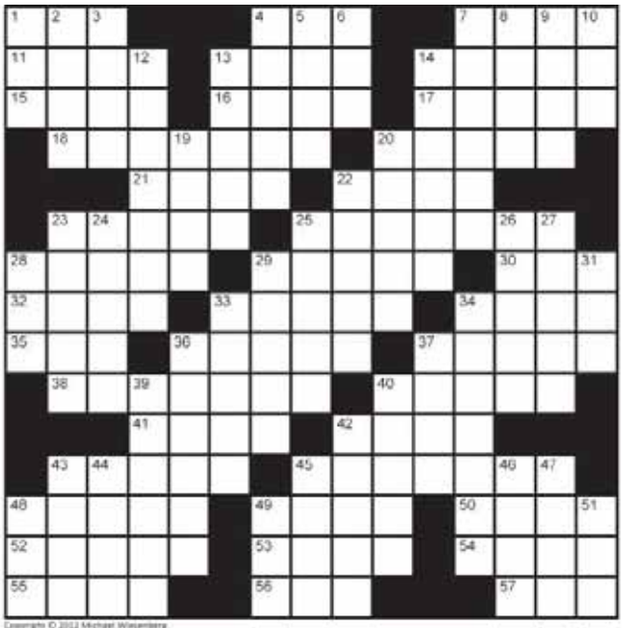
♑ Capricorn
Dec. 22 - Jan. 20
Stop complaining that things never go right for you and take charge of your own destiny. If you look for the pattern behind your existence you will find it, and once you have found it you will find happiness too.

♒ Aquarius
Jan. 21 - Feb. 19
You need to be a bit more active and assertive. You can, if you wish, sit back and let life come to you but at some point in the future you will look back and wish you had been more ambitious.

♓ Pisces
Feb. 20 - March 20
Someone you usually get along with will say something critical today and if you are smart you will act on their comments. When a true friend gives you a warning you should take it as a wake-up call. **SALLY BROMPTON**

Mishmash

BY MICHAEL WIESENBERG



Across
1. 747, 767, or 777
4. Cut grass
7. Dart here and there
11. Affirm confidently
13. ___ Scotia
14. Greek Mediterranean island that was the centre of the Minoan civilization
15. ___ noire: frightful thing
16. Couturier ___ Saint Laurent
17. Excessive hurry
18. Third-largest municipality in 25-Across (2 wds.)
20. He-man's antithesis
21. "Blueberry Hill" singer ___ Domino
22. Animals, to hunters
23. One-armed bandits, for short
25. Canada's first province, alphabetically
28. Cognizant of one's surroundings
29. Battle wounds
30. Big ___: large truck
32. "My name is ___, James ..."
33. Odin's mythology
34. Equine female
35. Before: poetic
36. Steams up
37. DSL need
38. 25-Across's northern member of the CFL
40. Bathroom floor worker
41. Wedding day exchanges (2 wds.)
42. "The Seven Deadly ___"
43. Toy bear named for a US president
45. Vancouver CFL team (2 wds)
48. "En ___!": fencer's alert
49. Apple covering
50. Tidy
52. Foreigner
53. Broadway award
54. Big truck
55. A person's equal
56. Tidbit for an aardvark
57. Bear's hibernation spot

Down
1. Boxing blow
2. Any time
3. Head: Fr.
4. Relocates
5. Done
6. Existed
7. The longest river in BC
8. Not more
9. Teeny
10. Golf stand
12. Sundance Film Festival founder Robert
13. Kremlin denials
14. Musical bells
19. Go out with
20. Bladed weapon
22. Drinking vessel
23. Said "#@$&!!"
24. Country roads
25. 43,560-square-foot units
26. Occupation
27. Broadcaster
28. "Honest ___": President Lincoln
29. Individual performances at a concert
31. Amethyst or tourmaline
33. Leonard ___: Star Trek's Spock portrayer
34. Beer that had the "I Am Canadian" ad campaign
36. Word after debt or guilt meaning "overwhelmed by"
37. BMW subcompact model taken over from Rover in 2000
39. Margot ___: Yellowknife-born Lois Lane portrayer in four Superman movies
40. Canadian actress and poker player Jennifer (Oscar-nominated for Bullets Over Broadway) or younger sister actress Meg
42. A bloodhound follows one
43. Dickens' A ___ of Two Cities
44. Great Lake
45. ___ the lookout for: watch for (2 wds.)
46. Require
47. Identical
48. "Mind the ___": London Underground warning
49. School fund-raising grp.
51. Frontier badge material

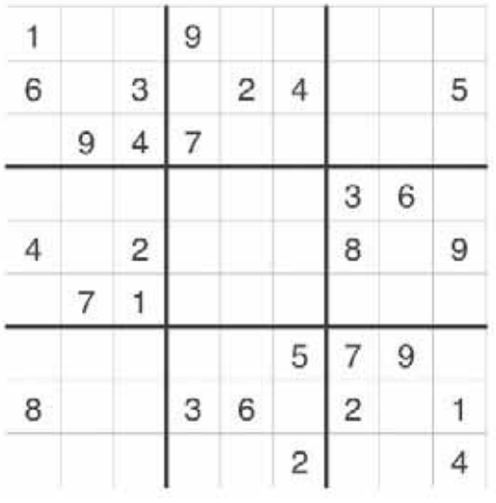
Friday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.



Friday's Sudoku

Today
16°/11°
Variable
Tuesday
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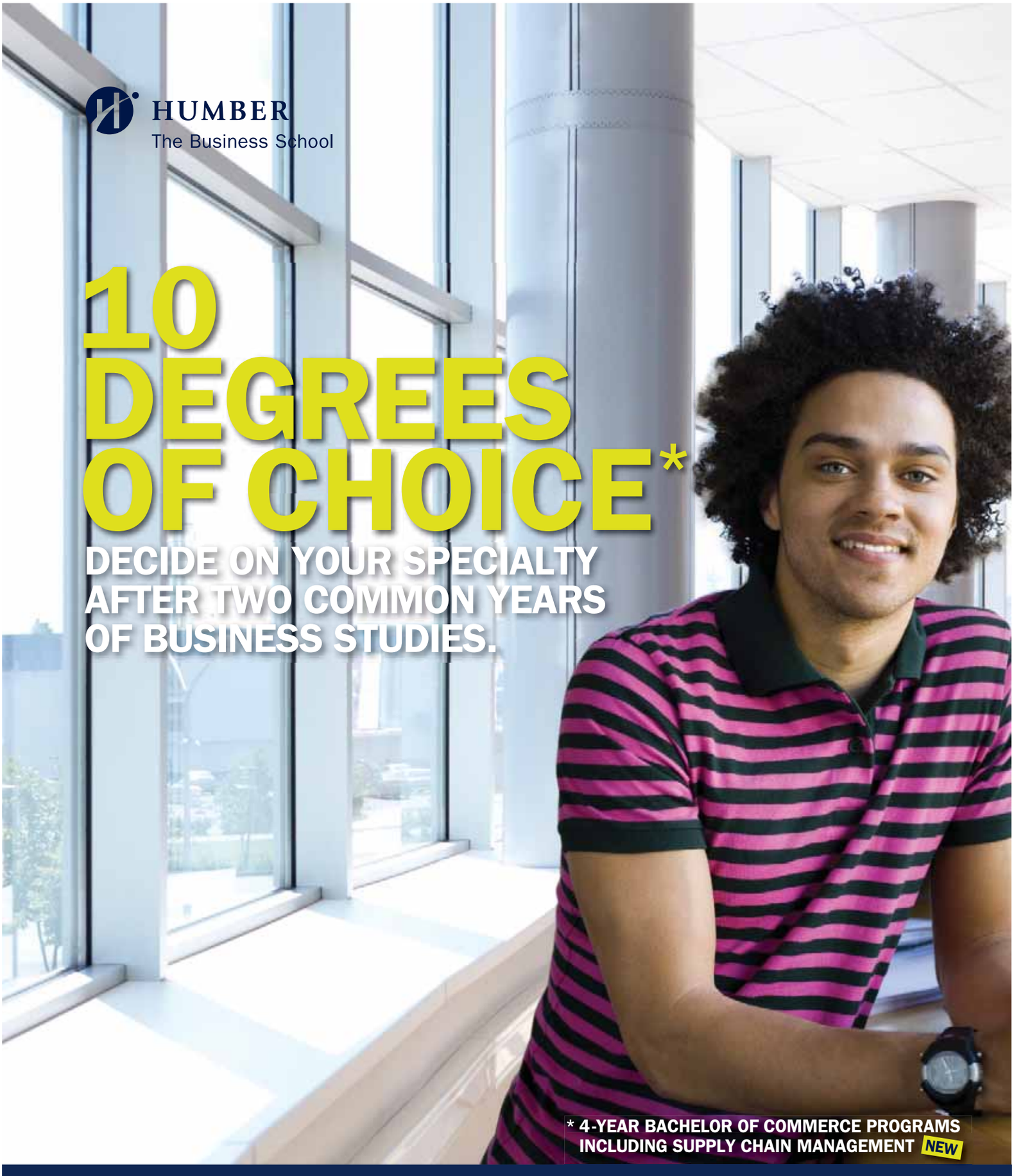
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